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Thursday, June 16, 2011
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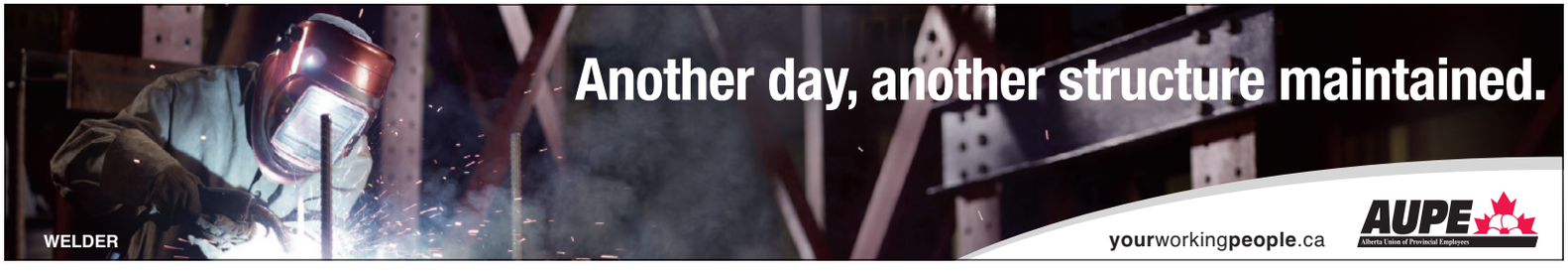
News worth sharing.

Believe it

- Boston Bruins defeated the Vancouver Canucks 4-0 to win Stanley Cup {page 39}
- Fans riot in Vancouver {page 15}
- For full Game 7 coverage, got to metronews.ca/calgary

▶ Boston Bruins goalie Tim Thomas hoists the cup following his team's win at Rogers Arena in Vancouver last night.

JONATHAN HAYWARD/THE CANADIAN PRESS



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City union strike averted

It appears a last-minute deal has staved off job action by Calgary's largest public union.

More than 4,000 bylaw officials, 311 operators, city planners and others were planning to vote on a work-to-rule campaign tomorrow after raising issues over their wages compared with other city members, namely aldermen.

However, reports indicate an acceptable three-year deal has come before the union, which is now planning to vote on the matter.

Details of the proposal were not disclosed and union representatives could not be reached for comment. METRO

Stampede station still a paid stop

An extension of the city's free-fare zone is unlikely after council members shot down a proposal yesterday at the committee level.

The land use planning and transportation committee voted against making the Victoria Park/Stampede station a free stop for transit riders.

The goal of extending the free fare zone was to save coin for those attending conventions at the Stampede grounds.

According to Calgary Transit, the extension of the free fare zone would result in a $2-million loss in revenue. METRO

KATIE TURNER/ METRO

▶ Safeway cashier Angie Kautz said she hopes the owner will be reunited with the ashes of pet that was left on a shelf in the store.

Pet Cuddles' ashes remain unclaimed

Safeway employees looking for owner of urn discovered two weeks ago

KATIE TURNER
@METRONEWS.CA

While in a rush to shop for groceries, leaving behind a debit card or cellphone isn't uncommon, but the latest find at a northeast Safeway is a first.

Recently, an employee at the Beacon Heights Safeway found a mysterious wooden box in the cookware and spice isle.

"One morning, our courtesy clerk found a little private urn of some sort of animal named Cuddles," said cashier Angi Kautz. "Some of the girls thought it was creepy. My heart goes out to these people that lost it."

After calling around to vet clinics, the Calgary Humane Society and even a local pet memorial service, Kautz said they're stumped.

"It's so hard because there's no name on it other than Cuddles. It's kind of difficult to get it to the rightful owner."

Assistant manager Tony Rambottom said in his eight years of experience, this is strangest thing he's seen.

"It's an unusual thing to carry with you," he said. "It's the weirdest thing I've had left behind. Lots of cellphones and glasses and stuff like that but not a (pet)."

Pet cremation

Anyone with information about the urn is asked to call customer service.

- If no one claims the urn, Tony Rambottom said they will call the Calgary Humane Society.
- It costs $185 to cremate a pet less than 15 lbs. at Pet Heaven Crematorium and Funeral Chapel, which includes a temporary urn.

1 news

Health experts offer surprising perspective on the media's reporting of suspected cancer risks. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web

Canucks goalie Roberto Luongo talks about where he planned to go to get into a state of pre-game serenity. Video at metronews.ca

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COURTS AND JUSTICE

Alberta Justice wants re-trial for driver

Alberta Justice is appealing the sentence given to a drunk driver who killed the parents of five children.

Justice spokeswoman Carla Jones says a date has yet to be set for the Alberta Court of Appeal to hear the case against Chad Mitchell Olsen, 24, of Sedalia, who was jailed for 27 months April 27.

Brad and Krista Howe, ages 34 and 35 respectively, were killed in Red Deer on Feb. 7, after their car was hit by a pickup truck driven by Olsen.

Olsen had three times the legal limit of alcohol in his blood and the Howes died at the scene.

THE CANADIAN PRESS

Queue-jump claims sent to Mounties

2 The NDP has brought forth two examples, which they believe show evidence of queue-jumping.

A complaint involving allegations of health-care queue-jumping in Alberta has been referred to the RCMP's commercial crimes unit in Edmonton.

Sgt. Tim Taniguchi says the unit will look at a grievance filed by the NDP Leader Brian Mason to see if further action is warranted.

Mason filed the complaint last week after former Alberta Health Services CEO Stephen Duckett said in a speech that queue-jumping was going on when he took over in 2009.

Duckett said government politicians allowed their favourites to move to the front of health-care wait lists.

Mason says it could be a criminal matter if it's determined Tory officials pulled strings to get preferential treatment.

"I believe that if politicians abused their power to bump themselves, their friends or family up in health queues, it may be a criminal matter warranting police investigation," Mason said in a release.

Taniguchi said there's been no decision to actively investigate. THE CANADIAN PRESS

Royal couple to don Alberta Boots

TODD VAUGHAN/METRO

▶ Grandfather Clem Gerwing (left) and grandson Ben Gerwing show off the material that will become the royal boots.

The Duke and Duchess of Cambridge will receive a Stampede gift William and Kate to be treated to Calgarian hospitality

TODD VAUGHAN
CALGARY@METRONEWS.CA

Cowboy boots fit for a future king? A third generation Calgary company hopes so.

Alberta Boot Company's staff figured they'd put together the kind of footwear worn by Alberta royalty during the Calgary Stampede.

"We suggested it to the royal organizers that we should give them Cowboy boots," said Clem Gerwing, founder of the company.

"We wanted to give them a uniquely Albertan gift, and what better than a pair of boots."

Alberta Boot Company has previous experience making boots for royal guests to Calgary, including Prince Edward.

And the company has a bit of family history of its own. Gerwing's grandson, Ben Gerwing, comes from a long line of boot-makers and is very involved with the creation of the royal couple's boots

"Most people in Alberta know us and we love being able to represent Calgary," he said.

The boots, of course, will be custom tailored to the most regal specifications.

"They both are going to have kangaroo leather for the bodies and ostrich leather for the feet," Ben explained.

The family has high hopes that the couple will enjoy their gift. But Ben admits that depends on one very important variable in a boot. "We just hope they fit," he said.

Alberta Boot

- **Alberta Boot Company** is the official bootmaker for the RCMP.
- It uses several types of leather, including cow, ostrich, alligator and sting ray.

Will and Kate coming to Stampede

The Royal Couple will be in Calgary from July 6 to 8 and will take part in the opening ceremonies of the Calgary Stampede. The couple are expected to tour the Air Force Museum, formerly the site where Kate's grandfather Peter Middleton was stationed as a flight instructor during the Second World War.

TODD VAUGHAN

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News in brief

Station closed for summer

As of today, the building at Whitehorn station will be closed until Aug. 31.

Passengers may access the platform from the south end of the station.

The overhead walkway starting east of 36 Street will remain open.

C-Train service will not be affected by the closure.

More information can be found at calgarytransit.com. METRO

'Tis the season for graduating

The University of Calgary's continuing education programs will have 530 learners walking the stage tonight to receive certificates recognizing their hard work.

More than 10 scholarships will also be awarded during the ceremony. METRO

Talks end for AUPE workers

Discussion between Alberta Health Services and its office support, housekeeping and kitchen staff came to an end on Tuesday.

The Alberta Union of Provincial Employees said key unresolved issues are consistent shift times, vacations, breaks and keeping a sufficient number of staff in rural areas. METRO

Baby ducks rescued

- Good samaritans risk safety to save little creatures
- More awareness necessary, says wildlife manager

JEREMY NOLAIS
@METRONEWS.CA

Ten-day-old ducklings were saved during two separate rescue efforts Tuesday night.

Elysse Bulloch and her boyfriend were headed southbound on Deerfoot Trail around 5:30 p.m. when they spotted two ducklings trying to reach a nearby water source.

They pulled over and managed to rescue the youngsters.

"I was thinking we were going to die.... I'm glad we did it now looking back," Bulloch recalled yesterday.

The ducklings were taken to the Calgary Wildlife Rehabilitation Society in the city's northwest.

Nicola Murphy, wildlife and site manager at the society, was then involved in another rescue operation around 9:30 p.m. She was called to Deerfoot Trail near Fox Hollow golf course where 11 ducklings had been spotted.

Eight members of the group were recovered but three escaped to a nearby pond.

Murphy said duckling-related calls are common this time of year.

"Ducks will nest away from a water source and will then walk their young to water," she said. "With our infrastructure ... our green spaces are flanked by major roadways."

JEREMY NOLAIS/METRO

▶ Kristin Luck of the Calgary Wildlife Rehabilitation Society looks over a rescued duckling.

Background

- The Calgary Wildlife Rehabilitation Society sees anywhere from three to 10 duckling calls per day at this time of year.
- Nicola Murphy of the society advises motorists to keep their eyes on the road and call 403-239-2488 for assistance if they spot wildlife on busy roadways.
- No mother ducks were found during the rescue efforts Tuesday night.
- Motorists also rescued seven ducklings attempting to cross Deerfoot Trail in mid-May.

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AHS

Performance agreement approved

The Alberta Health Services Board approved AHS president Dr. Chris Eagle's five-year employment contract and performance agreement last Friday.

According to the AHS, Dr. Eagle's 2011-2012 performance agreement is similar to their own five-year Health Action Plan, which includes goals such as shortening wait times and increasing public access to health care.

Dr. Eagle will receive an annual salary of $585,000 and may obtain up to 25 per cent of his annual salary as pay-at-risk if he successfully meets the yearly performance objectives.

METRO

Truck forces Edmonton Trail to close

Edmonton Trail at McKnight Boulevard NE was closed yesterday for a few hours after a semi-truck knocked down power lines in the area. Police were notified immediately, and no one was hurt.

METRO

Transit's public talks rev up

The first meeting of the SETWAY coalition group to discuss the possibility of a new transit line from South Calgary Hospital to downtown will be held on June 23 at 7 p.m. The meeting will take place at the Deerfoot Inn.

METRO

Cycling to aid child soldiers

Montreal teenage trio riding across Canada for initiative They stopped for event in city yesterday

JEREMY NOLAIS
@METRONEWS.CA

Frequent deluges and uphill climbs aren't enough to slow a trio of Canadian teenagers cycling across the country.

Not when they know the cause they represent is so important.

The group — made up of 19-year-olds Mitch Torrens, Drew Steeves and Laurent Gazaille — set off from Vancouver June 5 to raise awareness of global human rights and eradicating child soldiers.

They plan to finish their quest in Halifax on August 13 and raise $150,000 in the process.

"I think we're going to make it," Torrens said during a stop in Calgary yesterday. "We have events in different places, so we have to stay on schedule."

In Calgary

- The Calgary Police Service was in attendance yesterday to raise support for their Power Play program, which aims to foster positive relationships with youth through sport. Most of the kids involved in the program are immigrants or refugees from war-torn countries.
- For more on the Child Soldiers Initiative, visit childsoldiersinitiative.org. To follow Zero Force on their quest, head to cyclingwithzeroforce.com.

JEREMY NOLAIS/METRO

▶ Zero Force members Laurent Gazaille, left, and Drew Steeves say they have been forced to rely on each other during their cycling trek across the country.

Steeves added, "We have hit walls, but as a team we got over them."

The group, dubbed Zero Force, represents the Child Soldiers Initiative, which was founded by senator and longtime human rights advocate Roméo Dallaire.

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KATIE TURNER/METRO

▶ Calgary bride-to-be Alix Woods at the Social Page, where she has ordered her wedding invitations. She hopes the postal dispute doesn't last long so her invites can be delivered.

Mail mess gives bride the jitters

- Canada Post suspends service across the country
- Before lockout, workers conducted rotating strikes

KATIE TURNER
@METRONEWS.CA

Although her September wedding is still three months away, Alix Woods is getting a little nervous about her invites making it on time.

With Canada Post suspending service across the country, Woods said she's regretting holding off on ordering her invitations.

"When it went to a (lockout), my heart started pounding for sure," she said.

102
The number of wedding invitations Alix Woods is planning to send out for her wedding.

"A lot of girls were preemptive and they kind of saw the postal strike coming. I didn't take it seriously and now I'm feeling the anxiety."

Most brides, however, are keeping calm says Dawn Messer, owner of the Social Page. "It's been quite interesting, actually, because there's been no panic. Even when there was a threat looming, it was business as usual."

Most weddings, she added, are in the summer, so invitations have already been sent.

"A lot of people have already taken care of their invitations, but they may be in the predicament (a) client was in today where they're expecting RSVP cards back.

"But then, you've got email."

POSTAL PANIC

Small biz will be tied in knots

Bessie Mullaney is worried her knitting business, Make One Yarn studio, may suffer from the Canada Post lockout that halted mail service.

"Our yarn producers are usually run from home and therefore run on very low margins. They can't afford to use UPS or FedEx," she said.

She added, "It's frustrating for me that our customers will lose or pay more for the products we supply."

Ben Brunnen, chief economist of the Calgary Chamber of Commerce, said business in the short term will face difficulties.

But Brunnen offered this advice to businesses: "The savings from paperless invoicing could help with changing shipping costs."

TODD VAUGHAN

TODD VAUGHAN/FOR METRO

▶ Bessie Mullaney

thebay.com
twitter.com/thehudsonsbayco

the Bay

House slithering with snakes

- Infestation goes into walls
- Family gives up and flees home after 42 snakes caught in one day

COURTESY OF AMBER SESSIONS

JESSIE BONNER/THE ASSOCIATED PRESS

▶ The snake house, near Rexburg, Idaho, is believed to have been built on a snake den. It's now up for sale. Inset: Garter snakes caught by the Sessions family in 2009.

The five-bedroom house sits on pastoral acreage in the rural Idaho countryside. At a price less than $180,000, it seemed a steal.

But a bargain it wasn't. Ben and Amber Sessions soon realized the dream home they'd purchased for their growing family in 2009 was infested with garter snakes.

The ground was so thick with snakes surrounding the home it appeared to move at times. Throngs of snakes crawled beneath the home's siding. At night, the young couple said they would lie awake and listen to slithering inside the walls.

"It was like living in one of those horror movies," said Ben Sessions, 31.

"It was just so stressful. It felt like we were living in Satan's lair, that's the only way to really explain it."
AMBER SESSIONS, HOMEOWNER

The family would frequently eat out because their well water carried the foul smelling musk that the snakes release as a warning to predators.

Each day, before his pregnant wife and two small boys got out of bed, Sessions said he would do a "morning sweep" through the house to make sure none of the snakes had made it inside. That didn't always work. One day, he heard his wife scream from the laundry room, where she had almost stepped on a snake. He rushed into the room to find that she'd jumped onto a counter.

"I was terrified she was going to miscarry," he said.

At the height of the infestation, Sessions said he killed 42 snakes in one day before he decided he couldn't do it anymore. He had waged war against the snakes and "they won."

He and his wife had little recourse, though, when they decided to flee the home. They had signed a document that noted the snake infestation. They said they had been assured by their real estate agent that the snakes were just a story invented by the previous owners to leave their mortgage behind. But the so-called Idaho snake house was no myth, according to the Sessionses, their neighbours, and the videos and photographs taken by them and past residents of the house. "

The Sessionses filed for bankruptcy. The house was foreclosed and they left in December 2009, the day after their daughter was born and just three months after moving in.

Now owned by JP Morgan Chase, the home has stayed off the market for the past several months while Chase decides what to do with it.

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Will and Kate to mix glam, goodwill in Cali

California trip follows visit to Canada, the Royal couple's first overseas engagement since their wedding

ALASTAIR GRANT/THE ASSOCIATED PRESS

▶ Catherine, the Duchess of Cambridge.

Prince William and his wife, Kate Middleton, plan to combine red-carpet glamour with serious charity work during a trip to California next month, palace officials said yesterday.

The three-day visit to the Los Angeles area will be Middleton's first visit to the United States.

Private secretary Jamie Lowther-Pinkerton said the duke and duchess will attend a black-tie dinner at L.A.'s renovated Belasco Theater to introduce young British film talent to Hollywood executives on July 9.

"The goal is not to meet celebrities, the goal is to connect young British talent with Hollywood decision makers, the people in the back room who put the deals together," Lowther-Pinkerton said.

The British Academy of Film and Television Arts is organizing the event, called "BAFTA Brits to Watch." William serves as president of the academy.

Earlier that day, William will play at a charity polo match in Santa Barbara, with Middleton scheduled to award the trophy to the winning team.

The royal couple also plans to meet inner-city youths involved in an arts program and to meet military families in Los Angeles to learn more about how veterans are reintegrated into society. They will pack care packages bound for service personnel in Afghanistan.

The trip to California will follow a June 30-July 8 visit to Canada, where the couple's itinerary includes Canada Day in Ottawa, visiting the Northwest Territories and opening the Calgary Stampede.

Officials said Middleton, whose fashion choices have been widely praised since she took up her official duties, would not bring a special "dresser" on the trip but would rely on an administrative assistant.

A hairdresser will be part of the entourage, officials said.

THE ASSOCIATED PRESS

METRO

▶ Fans line up outside the Metro Vancouver office.

VAN FANS DARED TO DREAM

JEFF HODSON
@METRONEWS.CA

HOME ICE ADVANTAGE

So it has come to this.

After nine months and more than 100 games of regular-season and playoff hockey, the league's best team was determined last night over 60 minutes.

It feels like the day when the Canucks will end 40 years of misery and heartbreak. I am, however, writing this ahead of puck drop.

In Vancouver, the sun is shining and people are out on the sidewalks in Canucks shirts and jerseys and wearing capes made from Canucks flags.

And, because the province ordered downtown liquor stores closed before the game starts, lineups were stretching out into the street.

By 1 p.m. yesterday, 100 people lined up on the sidewalk below our office, just for a place to watch the game.

There's a real Olympic-like excitement in the streets.

I hope it has the same happy ending.

JEFF HODSON IS MANAGING EDITOR OF METRO VANCOUVER

Afghan army returns Canadian rifles

The Afghan National Army has given back thousands of C-7 assault rifles Canada donated in a $9-million effort to bring the fledgling fighting force up to speed.

NATO, with its new training establishment, has quietly decided that the entire Afghan force should be equipped with American M-16s, of which the C-7 is a variant. It was the Afghans who, early in the war, asked for NATO weapons. THE CANADIAN PRESS

2,500

The 2,500 modified, surplus C-7 rifles, mostly vintage 1980s weapons, were handed over to the Afghan army by Canada with much fanfare between 2007 and 2008.

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Politicians aim to score big points in Game 7

Hockey fans got a taste of Ontario's looming fall election battle during the Stanley Cup final last night.

The Progressive Conservatives unleashed new attack ads aimed at Ontario Premier Dalton McGuinty, including a television spot aired following the first period of Game 7. As the Vancouver Canucks played the Boston Bruins, the Tories took shots at McGuinty's record on taxes.

The Liberals also bought some advertising time during the crucial game.

THE ASSOCIATED PRESS

Facebook hires aide to Clinton

Facebook has hired Joe Lockhart, who served as press secretary during U.S. President Bill Clinton's second term, as vice-president of global communications.

The 51-year-old Lockhart will start on July 15 in his new post.

Facebook has been padding its ranks with Washington insiders as it grows. Recently, the company hired two aides of former President George W. Bush as lobbyists.

Lockhart has also worked as a TV journalist on CNN, NBC News and Sky Television of London.

THE ASSOCIATED PRESS

Russia's veggie ban steams EU

Outbreak tapering off, officials suggest Farmers lose millions in euros each week of E. coli crisis

The European Union protested yesterday against Russia maintaining a broad ban on European-grown vegetables despite the identification of sprouts as the cause of a deadly E.coli outbreak.

German investigators last week said they had determined that vegetable sprouts from a farm in the north of the country were the source of the E. coli, and all indications are that the outbreak is tapering off.

The Robert Koch Institute, Germany's disease control centre, said only nine more people were reported sick yesterday compared with the day before, bringing the total number since the start of the outbreak in May to 3,244.

That figure includes 784 who have developed a serious complication that can lead to kidney failure.

Thirty-seven people have died in Germany, most recently a 90-year-old reported by Hamburg authorities, and one person died in Sweden.

More than 100 people have been sickened in 13 other European countries and in the U.S. and Canada, according to the World Health Organization.

Russia initially banned all vegetable imports from Germany and Spain, then extended the ban to all vegetables from the EU on June 2 over fears of the E. coli bacteria.

THE ASSOCIATED PRESS

MICHAEL SOHN/THE ASSOCIATED PRESS

▶ Two costumed men attend a cucumber and tomato eating contest in Germany this week.

AUTOCAD ONE-MONTH CERTIFICATE

Dan does okay. His job pays the bills and makes use of his computer skills, but he wants more challenge and some extra cash at the end of the month. He also wants to try his hand at computer-assisted design. He's done a bit of it here and there but

Dan has designs on a better career

wants to excel. So, Dan did his research and discovered that Bow Valley College offers one month of accelerated learning. In just one month over the summer, he'll walk away with a certificate as an AutoCAD operator. He spoke with a BVC advisor and learned that AutoCAD operators work in a variety of fields, including architecture, manufacturing, mapping, surveying, electronics, interior design, landscaping, and engineering. Dan registered by calling Continuing Education at Bow Valley College. Now he's getting ready to roll up his sleeves this summer for one month of intensive, hands-on learning. Dan knows that with BVC his designs for a better career will soon be a reality.

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The European Union yesterday approved a $291 million US compensation package for fruit and veggie farmers, to help them through this devastating time.

Careful what you tell him ...

It's no secret — WikiLeaks is using eBay to offer a lunch date with founder Julian Assange Eight guests will dine at a top London resto

AKIRA SUEMORI/THE ASSOCIATED PRESS

▶ Assange

It may be the ultimate indiscreet lunch.

WikiLeaks is offering eight people the chance to dine with founder Julian Assange as a fundraiser for its secrets-spilling work.

Bidding on eBay started Monday at $568 a head.

The site says guests will dine July 2 at "one of London's finest restaurants" with Assange and Slovenian Marxist philosopher Slavoj Zizek.

Later that day, the pair are due to give a talk about WikiLeaks' impact.

The U.S. is investigating whether WikiLeaks broke the law by releasing thousands of secret government documents.

Assange is on bail in Britain as he fights extradition to Sweden on allegations of sexual misconduct, which he denies.

THE ASSOCIATED PRESS

What is Wiki?

- WikiLeaks calls itself a not-for-profit media organization.
- Its website says its goal is to provide an innovative, secure and anonymous way for sources to leak information.

HOCKEY AFTERMATH

Cars ablaze as fans run wild

Furious hockey fans went on a violent, liquor-fuelled rampage in downtown Vancouver after the Canucks' loss last night.

Angry, drunken revellers ran wild, setting cars and garbage cans ablaze, smashing windows, showering giant TV screens with beer bottles and dancing atop overturned vehicles.

Tear gas mingled with the stench of acrid smoke and stale beer as riot police, truncheons drawn, moved in to quell the violence.

Flames leaped from at least two flipped vehicles, filling the downtown core with heavy black smoke.

"It was just out of control," said Brandon Sinclair,18.

Some troublemakers hurled garbage and bottles at police, who deflected them with riot shields.

THE CANADIAN PRESS

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Recession stalls battle vs. poverty

- Almost one in 10 Canadians are poor, says StatsCan
- Agency uses three different measures of low income

The recession stopped progress on poverty in its tracks and took a bite out of incomes in Ontario, British Columbia and Alberta, new numbers from Statistics Canada show.

The agency says the low-income rate edged up in 2009 to 9.6 per cent — the second straight year poverty increased after more than a decade of steady declines.

"It's not very encouraging," said Rob Rainer, executive director of Canada Without Poverty.

He points out that most provincial governments now have anti-poverty strategies that are well-entrenched. He had been hoping to see some positive results despite the recession.

Instead, the percentage of people living below the low-income cutoff has climbed slowly, from 9.2 per cent in 2007, to 9.4 per cent in 2008 — the first year of the recession — and now to 9.6 per cent.

"Our overall income and wealth redistribution system is not up to the task," Rainer commented.

And children were vulnerable during the recession, with their low-income rate rising to 9.5 per cent in 2009 from 9.0 per cent a year earlier.

But the picture of the recession is one of stagnation rather than complete catastrophe. The median after-tax income for Canadian families was $63,800 in 2009 — about the same as a year earlier.

Recessions have deepened poverty in Canada for years, and exacerbated the gap between rich and poor. Many analysts feared the pattern was repeating itself. So far, that doesn't seem to be the case.

"I thought the poverty rate would be much steeper," said social scientist John Stapleton, who closely tracks social assistance numbers and saw a large increase during the recession.

Statistics Canada officials and researchers alike recognize there are deep problems with accurately measuring poverty in Canada. The agency uses three different measures of low income, but does not have an official poverty line like in other countries. **THE CANADIAN PRESS**

Kick. Off

▶ A Greek riot police officer kicks a protester yesterday who was trying to calm other protesters during clashes in Athens' main Syntagma square.

LEFTERIS PITARAKIS/THE ASSOCIATED PRESS

Greek protesters clash with police

Hundreds of protesters clashed with riot police in Athens yesterday as a major anti-austerity rally degenerated into violence outside parliament, where the government was to seek support for new cutbacks to avoid a disastrous default.

Workers' passports held captive

A Hawaii farm supervisor pleaded guilty Tuesday to confiscating passports from Thai labourers to prevent them from fleeing work sites between January 2004 and December 2008.

Sam Wongsesanit, 40, is the third defendant to plead guilty in a federal human trafficking case involving Los Angeles-based labour recruiting company Global Horizons.

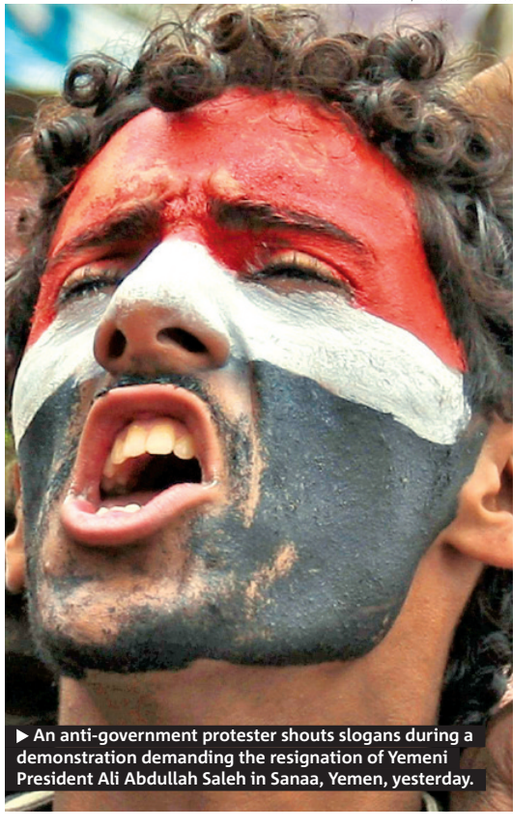
Wongsesanit told the U.S., Magistrate that he did not know he was breaking the law, but is now taking responsibility.

THE ASSOCIATED PRESS

Yemen attacks boost turmoil

- U.S. fears growing connection between al-Qaida-linked militants and Somalian insurgents
- White House increases CIA presence in Yemen

HANI MOHAMMED/THE ASSOCIATED PRESS



▶ An anti-government protester shouts slogans during a demonstration demanding the resignation of Yemeni President Ali Abdullah Saleh in Sanaa, Yemen, yesterday.

Al-Qaida-linked militants temporarily seized parts of a provincial capital in southern Yemen yesterday, the latest in a series of brazen attacks by extremists taking advantage of the turmoil in the nation.

Up to 200 militants launched a surprise dawn attack on Houta, killing one soldier and wounding three before taking control of several neighbourhoods, according to security officials.

The fighters are expanding their reach after wounded President Ali Abdullah Saleh left Yemen for Saudi Arabia and cast the country into deeper chaos.

Saleh, 70, left Yemen for treatment of wounds he suffered in a rocket attack on his compound in Yemen's capital, Sanaa.

The nation's leader of nearly 33 years, Saleh has held onto power in the face of massive protests demanding his ouster since February. Some of his top aides, military commanders, cabinet ministers and diplomats have defected to the protesters' side. This month, troops loyal to him fought rival tribesmen in Sanaa's streets with artillery.

The turmoil has created a vacuum in Yemen, the Arab world's poorest nation, threatening to cause the country to unravel.

THE ASSOCIATED PRESS

Links to al-Qaida

- Yemen is the southern corner of the Arabian Peninsula near the Gulf's vast oil fields and strategic shipping lanes in the Arabian and Red seas.
- The nation is home to one of the most active al-Qaida branches, which has been linked to several nearly successful attacks on U.S. targets, including the plot to bomb a Detroit-bound airliner in 2009.
- U.S.-born Muslim cleric Anwar al-Awlaki, who lives in Yemen, is on a U.S. kill-or-capture list. He is accused of inspiring U.S. attacks including the 2009 shooting at a Texas military base.

HUMAN RIGHTS ON U.S. AGENDA

The United States has named China, Iran, Libya, North Korea and 10 other nations that it wants the UN to hold accountable for alleged human rights violations.

The U.S. ambassador to the UN Human Rights Council said yesterday "too many governments repress dissent with impunity."

The U.S. list of alleged human rights offenders also includes Bahrain, Belarus, Cuba, Myanmar, Sri Lanka, Sudan, Syria, Venezuela, Yemen and Zimbabwe.

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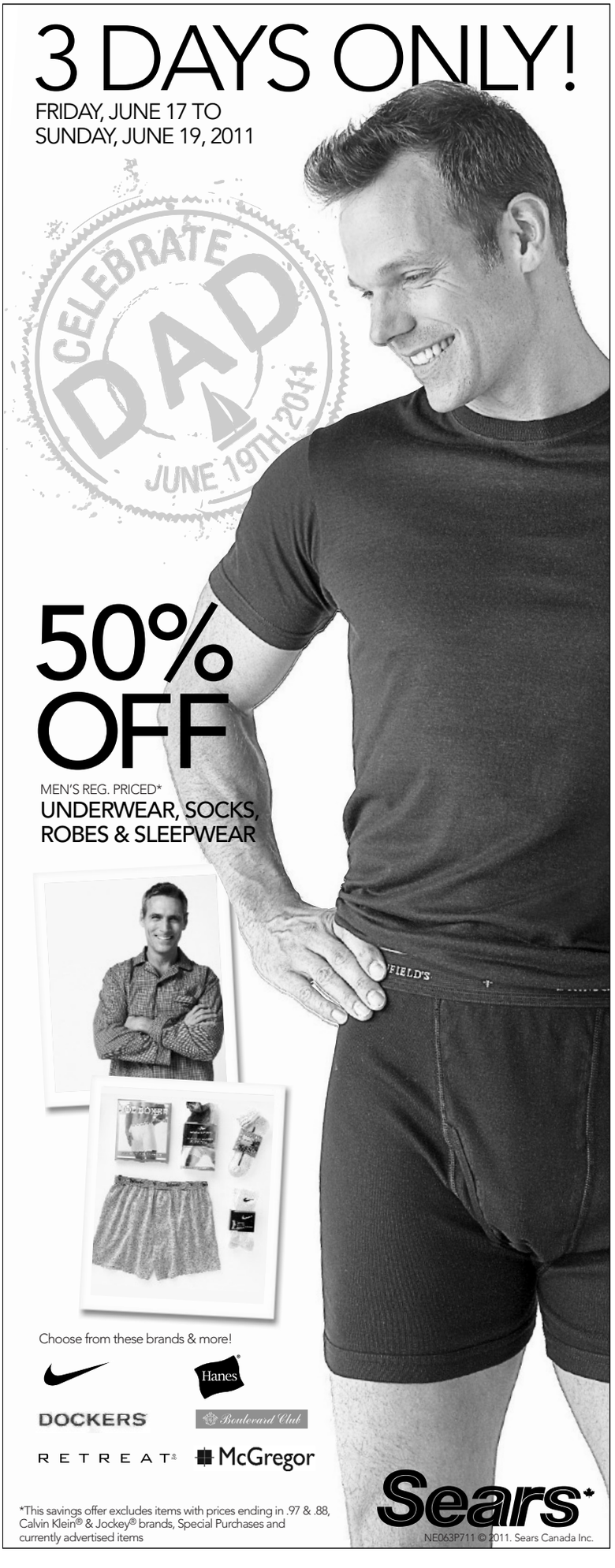

Postal strike down for the count

Labour minister serves notice that she will order posties back to work Bill could be debated Monday

Ottawa is preparing back-to-work legislation for Canada Post, setting the stage for a resumption of mail service as early as next week.

Labour Minister Lisa Raitt told the House yesterday that she was tabling notice of intention to introduce the legislation, meaning the bill could be up for a vote next week.

"The strike is now affecting the Canadian economy and it has an effect on third-party Canadians who are not part of this dispute but are the ones who are suffering," she said.

But the government says it still hopes the striking parties will reach a deal before legislation is needed.

The Canadian Union of Postal Workers has also said it doesn't want to be ordered back to work, and blamed Canada Post for forcing the government's hand Tuesday night by locking out workers and suspending urban service.

THE CANADIAN PRESS

48 hours

- **Under the rules of the** House of Commons, the government must give 48 hours' notice before it can introduce new legislation. Since Parliament will not sit tomorrow, the bill is expected to be debated next week.
- **Canada Post says the** rotating strikes, which began June 3, have cost it about $100 million.

ADRIAN WYLD/THE CANADIAN PRESS

▶ Canada Post's lockout of striking workers was a game-changer, Labour Minister Lisa Raitt says. After a Conservative caucus meeting yesterday on Parliament Hill, she announced the government's intention to introduce back-to-work legislation.

Market moment

PRICES AS OF 5 P.M. YESTERDAY

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U.S. must swallow bitter fiscal pill, Flaherty says

ADRIAN WYLD/THE CANADIAN PRESS

It's not often a Canadian politician goes to the U.S. to offer advice, but Finance Minister Jim Flaherty took that diplomatically risky chance yesterday when he told New York business elites the U.S. needs to get its fiscal house in order.

In a blunt talk to the Canadian Association of New York, Flaherty said the U.S. needs a solid plan to eliminate the deficit and reduce debt. There is no time to waste, he said, because the fate of the global economy depends on the decisions being made in Washington.

In his speech, Flaherty specifically named Paul Ryan, the Republican chairman of the House budget committee, who wants to repeal U.S. President Barack Obama's health-care law, put hard caps on domestic spending and limit Medicare.

THE CANADIAN PRESS

No talks as Ottawa moves to end airline strike

Despite the threat of back-to-work legislation, Air Canada and the union representing 3,800 striking employees appeared no closer yesterday to resolving their contract dispute.

There was some dialogue between the two sides, but no formal talks are scheduled, union spokesman Darryl Bink said.

Travellers faced minor delays as striking workers staged protests at airports in Vancouver and Montreal. However, no major disruptions have been reported since customer-service agents and other staff walked off the job Tuesday.

Ottawa has warned it could table a back-to-work bill today, saying the economy is too fragile to withstand a prolonged strike.

Ken Lewenza, president of the Canadian Auto Workers, said he would like to negotiate a settlement with Air Canada before the government forces employees back to work.

"There's one thing about legislation. It doesn't improve the workplace conditions or the morale," he said. "Our members will not be happy with being legislated back to work. They'll be happy with a bargained settlement."

But the issue of employee pensions remains a major stumbling block.

Air Canada spokesman Peter Fitzpatrick said the company also wants to avoid back-to-work legislation. He said there has been "ongoing dialogue" between the parties at a Toronto hotel since the walkout began, focusing on possible resolutions to the pension issue.

THE CANADIAN PRESS

PETER EDWARDS/TORSTAR NEWS SERVICE

▶ Striking Air Canada counter workers try to drum up support yesterday outside Terminal 1 at Pearson International Airport.

Strike force

- **Striking Air Canada staff** received support yesterday from about 200 members of the International Association of Machinists and Aerospace Workers, who stopped working for about 20 minutes at Pearson International Airport to show solidarity.
- **Some striking** Air Canada workers, joined by locked-out postal workers, picketed Labour Minister Lisa Raitt's constituency office in Milton.

A WEIGHT OFF HIS SHOULDERS

HE SAYS ...

JOHN MAZEROLLE
METRO

How you feel about your weight depends on which way your waistline is headed.

To an impartial observer it's static. But when you look in the mirror, you're judging it against its past — you're either losing weight and on your way to supernatural hunkdom, like the werewolves on Twilight, or you're gaining weight and transforming into a disgusting amorphous creature from Star Trek, like William Shatner.

I had been bound for late-era Captain Kirk but, having lost 15 pounds, am now headed to Werewolf Central. Rowr.

Like most dieters, I needed some symbolism to get me going. I'm betting more people begin losing weight at round numbers like 200 or 250, then at, say, 242. Something about a big, round number makes you feel big and round.

For me, it was 190. That won't get me on The Biggest Loser, but it's all relative. For some men, it takes sinking a paddleboat at a theme park before they decide to get in shape. For some teenage girls, they see the shape of a recently eaten Triscuit poking through their ribs and christen themselves Shamu, Whale of the Schoolyard.

"Avoid yo-yo diets: Though they provide a satisfying crunch, the string gets caught in your teeth. And it can come back on you, if you catch my drift."

In my case, I noticed one morning that my belt had become redundant. I could have painted a belt on my jeans and saved the trouble of putting it on.

As for waistline direction, I had watched myself grow by 70 pounds in 12 years, which means I would have weighed 400 pounds at age 76. I don't have enough friends to carry that casket.

So I decided to try that new diet of eating less and exercising more. And given my small amount of success, I now have the hubris and vanity required to tell you how to avoid becoming a blimp. Oh, the hu-vanity!

Here's how to be a loser like me:

• Skip breakfast: It thinks it's the most important meal of the day and, frankly, I'm sick of its attitude.

• Avoid yo-yo diets: Though they provide a satisfying crunch, the string gets caught in your teeth. And it can come back on you, if you catch my drift.

• Choose empty calories, which are presumably lighter than full ones.

• Pick your poison: Two health studies were released this week. One showed that a low-carb diet will save you from cancer, the other that a high-carb diet will save you from Alzheimer's. The choice is yours!

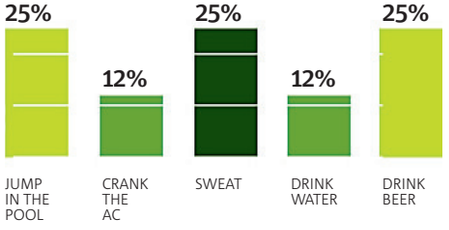
That's what it takes, readers. Heed the advice of me, the future werewolf, or be doomed to eternal tubbiness.

And remember, I haven't gotten a fat head. It's just big-boned.

Read more of John Mazerolle's columns at metronews.ca/hesays

metro life panel **Register at metrolifepanel.ca and take the quick poll**

What are you doing to beat the heat?



Local tweets

- **@Darci Brianne:** There are WAY too many Canucks jerseys and shirts at the #yyc airport right now. We're all disgusted!
- **@MyFishingLine:** Some rain dancer is on a cocaine fuelled month long bender. #Yyc #Calgary
- **@Saj7399:** Ahaha oh the friends you make when #calgarytransit effs up your whole morning! #yyc
- **@_bbbei:** City of #yyc, why the hell would you block off McKnight/Deerfoot without warning. No one is even doing anything on there.
- **@MediaMindJen:** Why is there an airport tunnel debate? Obviously do it. Have some flippin vision for #yyc. #yyccc
- **@BSchlec:** Looks like my dad's fathers day gift is lost in Canada Post limbo. Thanks for making my dad super sad CUPW. #lockout #yyc
- **@Renato_Gandia:** Any idea what the word "summaration" mean @aldjohnmar used it at committee meeting #yyccc #yyc
- **@randeemcarthur:** and @foofighters floor tickets for #yyc ... Dave, be gentle ... it's my first time.

Worth mentioning

TORONTO. A new report on tablet usage in Canada suggests consumers have eagerly adopted the expensive devices and sales may double in the next year.

A survey conducted by the Media Technology Monitor, a product of CBC/Radio-Canada and BBM Analytics, suggests about five per cent of the population already has a tablet. The group estimates sales will push tablet ownership to 10 per cent in 2012.

It was just a little more than a year ago that the Apple iPad first hit the market in Canada, introducing mobile tablet computers to consumers.

Now, awareness of tablets is "virtually universal," the report suggests, with more than nine in 10 Canadians having heard of the iPad or another tablet.

Consumers who bought into the early tablet hype are mostly very happy with their purchases, the survey results suggest.

About 88 per cent said they would either definitely or probably recommend a tablet to friends and family based on their experiences.

THE CANADIAN PRESS

Cartoon by Michael de Adder

WEIRD NEWS

Dr. Seuss would be proud

Samuel L. Jackson is narrating the audio book for the profane hit nursery rhyme Go The (Bleep) To Sleep.

The star of such films as Pulp Fiction and Snakes On A Plane is known for his way with a four-letter word. Go The (Bleep) To Sleep is this summer's surprise hit by tired dad Adam Mansbach.

The hardcover book and audio version went on sale Tuesday. Pre-orders have kept the book high on the Amazon.com bestseller list for weeks. Film rights have already been sold. A free download of the book is available through audible.com.

Jackson, 62, was a presenter at Sunday's Tony Awards. He is set to make his Broadway debut this fall as the Rev. Martin Luther King Jr. in The Mountaintop.

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2 scene

Calgary, find out What Not to Wear

- TLCs What Not to Wear host Clinton Kelly coming to TELUS Convention Centre Saturday
- Rookie event planner scores big by landing the TLC talent for this weekend's style event

STYLE YOUR LIFE

▶ TLC's Clinton Kelly tells Calgarians What Not to Wear

BACKSTAGE PASS

JENNIFER LARAWAY
METRO CALGARY

This is a whole new ball game for her and she's not afraid to admit it. Seemingly tearing a page from Kelly Cutrone's book If You Have To Cry, Go Outside, Karen Judge is fearlessly taking no prisoners as she rolls out the biggest event of her career. Style Your Life featuring TLC's What Not to Wear Clinton Kelly is coming to Calgary on Saturday, June 18 at the TELUS Convention Centre.

So how did this event rookie book one of the most recognizable fashion names in North America?

Believe it or not, it started as a dare.

"I shared a dream or thought of doing this event with my good friend Kari Dunlop and she dared me to take a chance. So here I am," says Judge.

Add in two other well-connected friends (a key to any event's success) and Styling Your Life was born.

While most fashion events focus on a charity or benefit, this show is all about you — although the show will support The Canadian Women's Foundation.

"Showing up for yourself is very important," reminds Judge. "Take care of the outside and it will spark something on the inside." There's no doubt she is in top of the world leading up to Saturday's event, but make no mistake, it wasn't an easy road.

"I won't lie. There were times I didn't think this event would happen," shares Judge as she speaks about the event management side of things, especially when it came to coordinating Kelly's busy celebrity schedule to her event date. But, once she got in front of him, convincing him to participate wasn't hard.

"Nothing is impossible," she says. "Sometimes you just have to take the risk. I know how to dream big and being a bit crazy helps too."

Tickets for Style Your Life start at $99.00 but a VIP ticket for $159. VIP gets you preferred seating, a copy of Kelly's book Oh No She Didn't and access to the exclusive after-party where Clinton will be signing books. For more information visit studiogorgeous.com.

Event details

Details. Nearly 600 people are expected turn out on Saturday Exclusive after-party is going down at Fashion Central Clinton Kelly has taped over 100 episodes of What Not to Wear

Turkey visit

Turkey says Angelina Jolie can visit Syrian refugees who have fled violence and are camped out on the Turkish side of the border.
Foreign Ministry spokesman Selcuk Unal said yesterday the Hollywood celebrity and goodwill ambassador for the U.N. High Commissioner for Refugees might arrive in Turkey on Friday, but that the date remains uncertain.
At least 8,000 Syrians have fled to Turkey to escape a crackdown on an anti-government uprising.
THE ASSOCIATED PRESS

Oscars shakes up best picture nominee rules, will now allow between 5 and 10 films

Big voices come together

DAMIAN DOVARGANES/THE ASSOCIATED PRESS

▶ Christina Aguilera and Adam Levine.

Christina Aguilera and Adam Levine of NBC's talent show The Voice are putting their voices together on a new Maroon 5 single. Aguilera is featured with Levine and his band on the tune Moves Like Jagger, which will be released next week on iTunes.

They'll perform the song on the June 21 episode of The Voice.

The studio version will be available to buy online following the show, NBC announced Tuesday during this week's episode.

The track was recorded last month in Los Angeles, Levine said in a statement, adding that it was "great" getting to work with Aguilera. The song was described as quintessential Maroon 5 power pop, with an upbeat tune.

Levine and Aguilera, along with Cee Lo Green and Blake Shelton, are coaches on "The Voice," which awards the winning singer a record contract and a $100,000 prize.
THE ASSOCIATED PRESS

Taking truth to a dark place

Junior Boys' disappointment with last CD fuels new disc, It's All True Latest effort now available

Last year, Junior Boys lead vocalist Jeremy Greenspan retreated to Shanghai to work on the electronic pop duo's new album thinking that a departure — in every sense of the word — might be just what he needed.

He was still dealing with his disappointment over what he felt was an indifferent response to the Hamilton pair's last record, 2009's Begone Dull Care, as well as some "pretty difficult" things going on in his personal life.

And the aptly titled It's All True, which hits stores this week, finds Greenspan dealing with pretty much all of it — which means it wasn't a particularly easy record to make.

"It was like therapy, you know?" Greenspan, 31, said in a recent phone interview. "I was basically dealing with lots of feelings of getting old and losing touch and being a bit of a failure and life and all that kind of stuff."

"It was a really emotionally exhausting record to make just because it's quite a personal record in a lot of ways. It was kind of more introspective. The record also is kind of technically complex to make, not just from the perspective that it was made in different facets and different places, and just the production of it was more elaborate."

HANDOUT/THE CANADIAN PRESS

▶ Junior Boys are Matt Didemus, left, and Jeremy Greenspan.

That elaborate process began with Greenspan's Chinese sojourn.

The original impetus for the trip was to visit his sister, who lives there, but he also suspected it would be an interesting place to work. He was there for two months, and recruited local musicians who would be willing to play traditional Chinese instruments on the record.

"They were almost bemused or befuddled that I wanted to record it at all," Greenspan said of working with the local musicians.

THE CANADIAN PRESS

"It was a really emotionally exhausting record to make just because it's quite a personal record in a lot of ways. It was kind of more introspective. The record also is kind of technically complex to make."
JEREMY GREENSPAN

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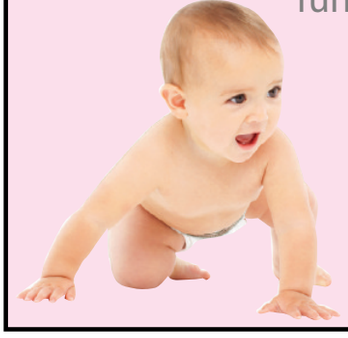

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BEST MANAGED COMPANIES

Keith Urban gets up close to fans

Australian country star uses innovative staging on upcoming Get Closer tour to bring audience right in

Turns out Keith Urban's 2011 Get Closer Tour is aptly named.

The country superstar will unveil a new stage design when his tour starts today in Biloxi, Miss. Urban often tucks away ideas he comes up with while standing on stage in front of thousands of fans. He noticed on his last tour that when he descended ramps at each end of the stage, nearby fans were practically in the concert.

So he built a curved stage with a continuous ramp from side to side, erasing the barrier.

"I just think our audiences are there to have a good time," Urban said.

"I want them to feel liberated, that they can do whatever they want to do.

"I'm just trying to make sure that everybody, no matter where they're sitting, feels connected to what we're doing."
KEITH URBAN

If they want to dance and scream and cheer, they should be able to do that and not feel like someone's going to come and tell them to sit down."

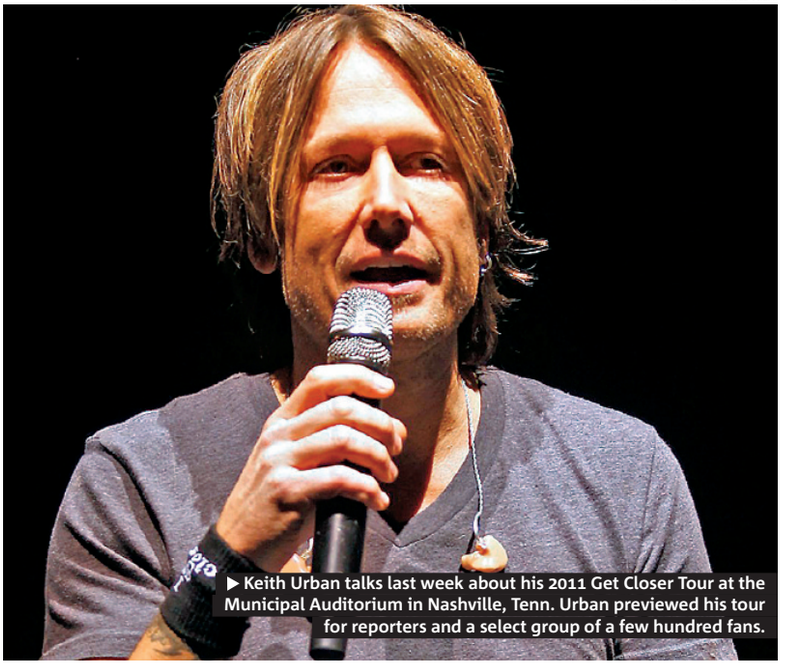
Urban previewed his tour for reporters and a select group of a few hundred fans last week during the CMA Music Festival at Nashville's Municipal Auditorium.

The Australian singer's tours are among country music's most anticipated. Pollstar figures show his Defying Gravity Tour, which kicked off in 2009, grossed more than $51 million with more than 763,000 tickets sold. He sold 88 per cent of tickets available and averaged 10,600 attendance.

That's country gold. And to maintain that standard, Urban is working to keep his show fresh. Along with the scalloped main stage, he's got four others set up around the arena.

That includes "one that's tiny and movable every night and it allows me to go anywhere in the arena from night to night. It's always different," he said. THE ASSOCIATED PRESS

WADE PAYNE/THE ASSOCIATED PRESS



▶ Keith Urban talks last week about his 2011 Get Closer Tour at the Municipal Auditorium in Nashville, Tenn. Urban previewed his tour for reporters and a select group of a few hundred fans.

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Shania Twain returns to spotlight

Country-pop darling back with the radio-friendly tune, Today Is Your Day Release is timed with the finale of her reality TV series, Why Not? With Shania Twain Show tracks star as she revives her singing chops

Shania Twain has released her first new song in years, but the inspirational piano ballad Today Is Your Day should sound familiar to her legion of fans.

The 45-year-old country-pop superstar's new tune, Today Is Your Day — the first song she's written on her own in six years — hit iTunes following the U.S. finale of her reality TV show Why Not? With Shania Twain, which aired on OWN.

The radio-ready single finds Twain purring an ode to resilience and redemption that would have fit right in on one of Twain's earlier smash-hit discs, the latest of which, Up, was released way back in 2002.

After that, Twain took a break that just seemed to extend on and on. Her career eventually seemed to stall completely, as she recovered from the breakup of her marriage to hit-making producer Robert (Mutt) Lange. But Today is only the latest step in Twain's ongoing comeback. In recent months the notoriously private singer has opened up with a reality TV series and a revealing autobiography, and last week announced that she would return to the stage for a two-year residency at Caesars Palace in Las Vegas beginning in December 2012.

And those who have paid attention to Twain as she's gone public with the pain of her divorce — which she says caused her to lose her singing voice — won't have much trouble interpreting the lyrics to her latest single.

The tune finds Twain summing up her recovery in Hallmark-worthy slogans, as she sings: "When somebody throws sticks and stones/ All they can break are your bones/ And life's gonna kick you around/ And then kick you again when you're down/ But today is your day/ And nothing can stand in your way." The new song had already cracked the top 15 on iTunes' singles sales chart by Monday morning. Twain said in a recent interview that she planned to spend the summer crafting her first new album in nearly a decade, but that she wouldn't rush it. She also pledged to "experiment" with her sound, and indicated that her next record could signal a stylistic departure.

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▶ Singer Shania Twain is shown arriving at the 2011 CMT Music Awards in Nashville, Tenn. on June 8.

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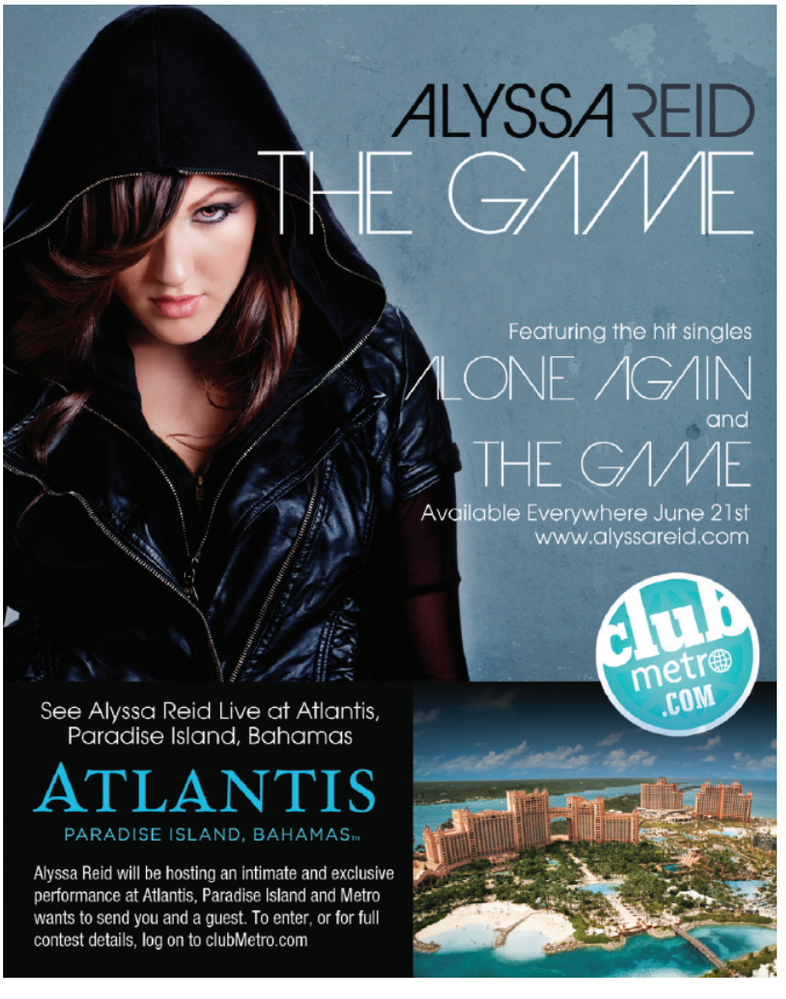

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▶ Howie Mandel

Mental illness doesn't stop Howie Mandel

Award at Banff fest honours Canadian comic

Canadian funnyman Howie Mandel had them rolling in the aisles in Banff this week, even though the subject was really no laughing matter.

The actor, comic and game show host received the award of distinction at a ceremony at the Banff World Media Festival — an annual gathering of TV writers, producers, broadcasters and stars.

"I have mental health issues as it is and as I sit and talk to you I am medicated so the highs and the lows aren't really bothering me. I'm just floating in the middle," acknowledged Mandel, 55, in a question and answer session before a large audience.

"I am tortured but I came to this game pretty tortured," he said, then smiled and asked: "Why are you laughing at me when I said I'm tortured?"

Mandel has both obsessive compulsive disorder (OCD) and attention deficit hyperactivity disorder (ADHD) and has written about both in his autobiography "Here's the Deal: Don't Touch Me."

But Mandel finds it therapeutic to talk about his upbringing in the Toronto area where he says he was always a loner and had no friends.

"I weighed 89 pounds and my voice didn't change and I didn't shave and I looked like a girl. I could stand in the ladies room and brush my hair. That's how I met my wife. Second date she found out I was a guy," he said with his trademark laugh. "I don't want to touch things. I was always nervous and neurotic and afraid."

"I wouldn't tie my shoelaces at school. If mine came undone, I wouldn't pick them up to retie them because the laces were on the floor," Mandel said.

"I'd be angry. I would be anxious and angry and then I'd go home and take a shower until my Mom would say it was dinner time. I would be in the shower for hours and I'd use every towel."

His mental health issues don't appear to have held him back in his career. He did gigs at Yuk Yuk's comedy club and spent six seasons on St. Elsewhere.

He also began hosting Deal or No Deal, which was difficult for a man who doesn't want to shake hands for fear of germs.

"I have dark times. It inhibits everything I do on a day-to-day basis. Every waking moment it's part of who I am," Mandel added.

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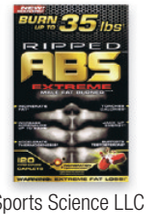

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TV picks

Hollywood weddings

REALITY. Tori Spelling and Dean McDermott are back with yet another reality show premise, and given each of their personal histories, this one's a doozy. Tori & Dean: sTORIbook Weddings has the infamous duo helping couples put on dream weddings. Yes, the celeb pair who ditched spouses in order to be together is doling out marriage advice. (Slice)

It's the end of the world

SCI-FI. The Canadian film Last Night features a bevy of homegrown stars in this account of big-city dwellers scrambling to make the most of their final day on earth. At the stroke of midnight, the world is going to end and terminally shy Patrick Wheeler (Don McKellar) makes a love connection with a beautiful stranger (Sandra Oh). Meanwhile, over-sexed Craig (Callum Keith Rennie) puts the moves on half the girls in town. (VisionTV)

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ALL PHOTOS GETTY IMAGES

It's a baby boy for Natalie Portman

Natalie Portman

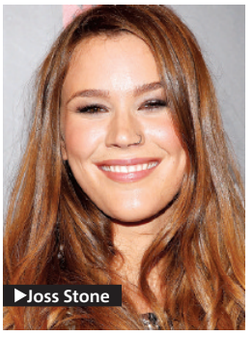
Academy Award winner says she'll be out of public eye for a while

Natalie Portman has given birth to a baby boy, according to People magazine.

The Oscar-winning actress and the baby's father, dancer and choreographer Ben Millepied, met on the set of Black Swan and are engaged to be married. Portman has already confirmed she'll be avoiding the Hollywood spotlight for the time-being. "I'll be out of the public eye after [the baby's born]," Portman told People magazine.

METRO

Arrests over threats to singer Joss Stone


Joss Stone

Joss Stone is likely sleeping more soundly now that police in England have arrested two men who were reportedly planning to rob and murder the soul singer, according to OK! Magazine.

A spokesperson for the Devon and Cornwall Police says officers responded to a call about a "a suspicious-looking vehicle" and arrested the two men, who were carrying swords, rope and a body bag. METRO

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Celebrity tweets

"You don't change, you just become more like yourself..." @jeremypiven

"I wanted to name my son Kofax or Clemente." @Alyssa_Milano

"Traveling with an infant is the most complicated carry-on baggage ever created! Is there a phd for all the gear?" @TheRealAliL

Richards: There were some good times

Denise Richards

Denise Richards has penned a memoir about her marriage to Charlie Sheen, but "it's not a tell-all," she insists to Radar Online.

"I get into the good stuff about my marriage, because people have only read the rotten stuff. So, you know, there was a beautiful love story between he and I and then it went the way it went."

Of course, the beautiful love story didn't have the happiest of endings, which Richards says she'll also address.

"I think a lot of women can relate to that, going through a divorce and custody and being a single parent, trying to work and all that stuff."

The book is due out July 27.

METRO

Justin likes to mellow out

Justin Timberlake

Justin Timberlake has revealed one of his preferred relaxation techniques: smoking marijuana. "The only thing pot does for me is it gets me to stop thinking," Timberlake tells Playboy. "Sometimes I have a brain that needs to be turned off. Some people are just better high." And after working his way from a teen sensation to a successful grown-up musician and now a film star, the chronic overachiever admits he needs a little help to stop and smell the roses. "I feel I'm just getting to a point in my life where I'm looking around, going, there's a lot to enjoy if I can just sit still, actually stop and take more time," he says.

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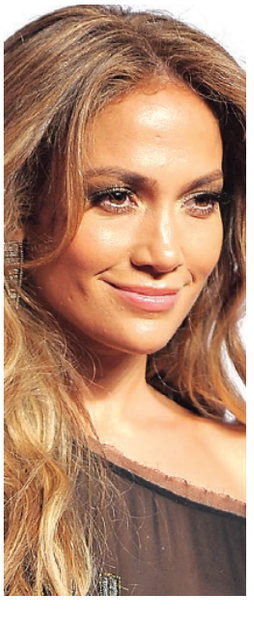

Lopez may not return to Idol

Despite a successful season as a judge on American Idol, Jennifer Lopez isn't sure if she'll be back next year.

"I don't know. I haven't been forced to make a decision and I'm glad about that because honestly I'm very on the fence about it," she tells BBC Radio.

"I had an amazing time doing it and I love it but I have a lot of other things happening, and it's going to come down to me making a choice of what I want to do for the next year."

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3 life

Trend of the week

FANCY HATS

Kate Middleton kept the fancy headpieces coming during a string of royal gatherings last week.

Canadian designer Nada Shepherd suspends operations of NADA label.

A summer of soft, sultry skin

▶ Model Joan Smalls expertly nailing summer skin care rule number 3.

Heat, humidity, air conditioning, car exhaust fumes, and overall pollution don't exactly mix well with lip gloss, bronzer, blush and self-tanner Mary Schook, a facialist and make-up artist in New York, gives advice on how to avoid common summer beauty pitfalls

1

DON'T WEAR MAKE-UP OVER YOUR SUNBLOCK

"The whole point is for the sunscreen to block all of the sun's rays," says Schook, a skincare guru who is the woman beauty editors and models go to for clear, glowing skin. "It should definitely be the last thing you put on your eyes and technically, it should be the last thing to go on your face so that the zinc and titanium can refract the sunlight," she explains. "But use your judgment with the face make-up and if you do wear foundation with built-in sunscreen, be sure to reapply it every two hours."

2

CLEAN YOUR FACE MID-DAY IF YOU HAVE TO

"Too many women reapply their make-up throughout the day when it's honestly better to just wipe all of the make-up and oil off with a little Witch hazel and start over," she says. "The Witch hazel works because it rebalances the ph balance in your skin, which protects and prevents it from getting too oily. If you just pile the make-up on, you'll breakout later."

3

KEEP YOUR HAIR OUT OF YOUR FACE

Those bangs might look great in the salon, but they could potentially wreak havoc on your forehead later. "Hair products with silicone in them can irritate the face and block pores, which is why it's so important not to wear your hair in your face during summer," she explains. "So when the weather heats up, you not only need to think about changing up your skin-care regimen, but your hair care products too."

KENYA HUNT
METRO WORLD NEWS

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▶ This lightweight oil-free formula gives long-lasting hydration that balances the T-zone—important for warding off the mid-day oil slick. Most importantly, it doesn't clog pores. **$25; clinique.com**

LA PRAIRIE
Ultra Eye Lip Nose Protection Stick SPF 40

▶ Whip this travel-friendly tube out throughout the day for the season's requisite sunblock touch-ups. **$65; lapraire.com**

ESTÉE LAUDER
Idealist Even Skintone Illuminator

▶ This serum impressively yields results faster than most. Use it to combat those persistent sun spots. **$85; esteelauder.com**

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Who wears short shorts... at work?

THEORY, DAN AND CORINA LECCA/THE ASSOCIATED PRESS

DONALD KING/THE ASSOCIATED PRESS

If worn appropriately, shorts can be a trendy replacement for a bland skirt

Is it OK to wear shorts to the office on days with record-setting temperatures?

Designer runways might have you think so. Short suits were a trend in spring-summer womenswear collections. They're also showing up in fall and resort collections.

Seen on models, with their perfect spray tans, long legs and high heels, shorts offer little to quibble with. They appear polished, stylish and appropriate — and that's what everyone should strive for with this look, according to experts.

"Shorts can really replace a skirt — they're actually easier to move in," says Colleen Sherin, senior fashion director at Saks Fifth Avenue. "What's the difference between shorts and a skirt — even if they're the same length? It's that shorts are perceived as casual by nature, something that children wear, something we wear on weekends. That perception is changing."

But pick your ensemble carefully to make sure your look isn't too casual.

How do I know if shorts are OK in my office?

If starched shirts are the norm, then maybe you should save your shorts for the weekend. But if women are walking around in sleeveless dresses or miniskirts, the office culture might be trendy enough for shorts.

Maybe start with shorts on a casual Friday and gauge that reaction before wearing them to a Monday morning presentation, says Mary Alice Stephenson, who styles celebrities, runway collections and magazine photo shoots.

If it's hot enough, the rules might be relaxed!

Sherin likes to see women heading into the office wearing knee-length shorts that are either slim and tapered or wider with a cuff, made of cotton poplin or gabardine. Linen will keep you cool, but may end up rumpled, she warns.

Pair the shorts with a crisp button-down shirt and a cropped blazer, she says. The strappy sandal is a must-do accessory, too, and a chunky platform version in a neutral colour will elongate the appearance of the leg, according to Sherin.

An espadrille is an acceptable alternative.

However, flip-flops really don't ever belong at the office, and the casualness of those items are exaggerated by shorts, Sherin says.

Style commentator Mary Alice Stephenson treats her weekday shorts as if they were dresses, and that can mean pairing them with jewelry and pumps.

With a heel, though, be aware of the length of the shorts. Stephenson advises. "Keep them long. ... Think Bermuda."

THE ASSOCIATED PRESS

Flash that summer smile

THE KIT

Plummy Accents

These gorgeous plum-coloured lip treatments will add some luscious to your lips!

• Mary Kay Liquid Lip Color in Royal Plum. $18, marykay.ca

• Smashbox O-Gloss Noir Intuitive Lip Gloss takes its colour cue from you. $26, smashboxcanada.com

• Fresh Sugar Plum Tinted Lip Treatment SPF 15. $25, sephora.com

Brighten Up!

Crest and Oral-B have teamed up to introduce a whitening system that can brighten teeth in just one day. The 3D White collection includes whitening strips, toothpaste, a rinse and a vibrating toothbrush. Items sold separately, 3Dwhite.com.

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Super cool runnings

With so many running shoes on the market, picking the right pair can be a game of Roulette Get to grips with the science behind the soles

RICHARD PECKETT
WWW.METRO.LU
METRO WORLD NEWS IN LONDON

Modern running shoes are now packed with enough research, stats and techy know-how to cater to your foot's every curve and contour. Here are some of the slickest shoes on the market.

Nike LunarGlide +3
$100, nikestore.com (available July 1)
LunarGlide sounds pretty damn space-agey and the technology behind the shoe is pretty out there too. Its Dynamic Support system, marries super-soft Lunarion core foam and firmer carrier foam to give you the feel of running on air.

Asics GT2160
$100, asics.com
This is the perfect option for over-pronators (when the foot rolls inward to an excessive degree), thanks to the built-in guidance lines – think of them as pathfinders for your feet.

adiSTAR Salvation
$140, adidas.com
Are you one for burning some serious rubber? If so, try out the Continental rubber tread on the Adidas Salvation. Yes, they're the makers of heavy-duty, car tyres, so they should know a thing or two about stopping a wet weather foot spin.

adiSTAR Salvation

Nike LunarGlide

Asics GT2160

Shoe savvy

To find out what was behind all the footwear techno babble, I visited the team over at ASICS to have my feet put through their paces.

First up: the foot scan to discover the ins and outs of your tootsies like foot length, arch height and heel angle. Yes, that means exposing your bare feet but no one's judging – my feet are the type you'd see on a 'before treatment' poster at the chiropodist. Following the scan, you'll be slipped into the first test shoe and put to work for 30 seconds on the treadmill for a gait analysis. From here, the expert analyses your level of pronation (the foot's natural roll).

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One shoe, two shoe, brown shoe?

Lock away those squeaky, black wingtips Brown shoes are the fad

A trendier, more casual brown shoe might be becoming the standard in men's footwear, as men – even those wearing suits – look to replace their black wingtips.

The shift is being fuelled by changes in fashion, the economy and lifestyle, says Paul Grangaard, CEO of Allen Edmonds. Men, most of whom are not serial shoppers, put a high priority on function, he says, so if a shoe can be worn with both grey flannel trousers and jeans, that's the one they want. (And, yes, it is OK to wear brown with grey and even with black, say the experts.)

Shoe designer Alejandro Ingelmo says he wears the same brown lace-up brogues with their perforated decoration almost every day, switching up into sneakers for running and a dress-casual boot for winter and weekends. He's experimenting with lighter sand shades for men, and he'd also like to see a shift from the very square toe to a rounder shape.

It took years, though, for the collective eye to transition from black to brown, so any other changes might take some time to catch on.

"With a lot of men, probably most men, when they hear about a trend change, they get nervous," says David Lawrence, director of merchandise for the national retailer Men's Wearhouse.

"They need to see something an awful lot before they feel that they want to wear it. Most men don't want to feel like they are on the cutting edge."

Brown has probably been in their closets for years, it just wasn't the go-to colour, but it's not jarring, Lawrence says. It is an earth tone, after all.

THE ASSOCIATED PRESS

Picturesque picket fences

A picket fence adds instant charm to entranceways and showcases landscapes while providing privacy
Classic look won't disconnect you from neighbours

DIY IDEAS

A picket fence makes an ordinary entranceway instantly appealing. Yet fences require maintenance to ensure their beauty and structure.Follow the steps below to give your picket fence some DIY TLC. Nicole Curtis hosts Rehab Addict (airing Wednesdays at 10 p.m. ET on DIY Network Canada), returning rundown historic houses to their former glory.

Spruce it up

You should power wash a picket fence every year, and paint or stain it every other year. Use a hose or pressure washer to wash it. Then fill a bucket with soap and water and wash each picket to eliminate grime and dirt. If you are re-painting, use gloves, a safety mask and glasses to remove old paint with sandpaper, paint remover and a putty knife. Rinse the fence again with a hose or washer. Let the fence dry, then paint according to the manufacturer's directions in the appropriate weather (ensure rain is not forecasted or humidity too high for the paint to dry).

Replacing pickets

Replacing pickets is a simple task for fences that have fallen into disrepair. Remove the old picket by hammering in the opposite direction of the nails, using a crow bar to finish. If you don't have a pre-made picket on hand, simply place the old one on a piece of wood that is the same thickness and width to trace the outline, and then cut the new picket with an electric jigsaw. Attach the new picket by hammering two galvanized nails into each rail. Finish by staining or painting to match the rest of the fence.

Other tips

To keep your fence in top shape, avoid soil build-up around the bottom by raking it regularly. This prevents wood from rotting and water damage. Watch for loose nails in your fence; they are a safety concern for kids and animals. If one is found, simply hammer it back in or remove and replace it.

REHAB ADDICT AIRS WEDNESDAYS AT 10 P.M. ET ON DIY NETWORK CANADA

ISTOCK IMAGES

▶ Be the envy of the neighbourhood by adding beauty, structure and charm with a pretty picket fence. A fence also serves a practical function by helping to protect your garden.

Ingredients for al fresco dining

Enjoy a stylish summer picnic with great ease

Pack these for your next picnic, rooftop party or backyard barbecue. As for the food — you're on your own with that. And whether you're looking to fire up the grill in a snap, modernize your Tupperware collection or give an aging picnic table fresh life, these five quick and easy tips will get you there. **METRO**

ALL PHOTOS CONTRIBUTED

1

Modern Tupperware

This isn't your mother's Tupperware.

The new, bright green and yellow cocktail glasses, serving bowls, appetizer tray and citrus press add instant style to any warm-weather gathering. $19 to $128; tupperware.com

2

Get in the mood

Nothing adds mood lighting to your backyard or rooftop meals like the sweet glow from a lantern.

Martinique tall lantern, $15; crateandbarrel.com

3

Instant makeover

Give that rusty picnic table a cheerful makeover with a colourful printed tablecloth.

Anthropologie Ikebana table cloth, $78; anthropologie.com

4

Fire power

Zippo's latest, made with a flexible gooseneck and slim nozzle, is perfect for lighting up the grill or lantern.

Zippo Flex Neck Utility Lighter, $20; zippo.com

5

Outdoorsy bowls

You can toss these cheerful melamine bowls into your backpack or picnic basket stress-free.

Working Class Studio, The Ben Collection melamine bowl, $6 each; amazon.com

Choosing a couch colour

Be on trend but play it neutral when choosing a sofa • Consider your lifestyle and the room it lives in

DESIGN CENTRE

KARL LOHNES
HOME@METRONEWS.CA

Q: Hi Karl, I have an open concept living room and dining room space. My floors are dark brown and the walls are a medium grey tone. I wanted to know what colours I should consider when buying the living room couch and chairs. Any recommendations?

-Michael, Etobicoke, Ont.

Invest in quality

A: The first thing to choose is the largest piece of furniture, which is the sofa.

It's also the largest investment so make sure you shop around and choose the best quality that you can afford.

Your sofa should last you at least five to 10 years so the style, fabric and quality should be the best you can afford.

COURTESY: URBAN BARN

▶ A mid-century styled sofa with low back and modern tufting adds a sophisticated look for a great price. Cedric Sofa, $999, Urban Barn.

Think lifestyle

Choose a style of sofa that suits your lifestyle and the space you are putting it in.

Will you be watching television on this sofa? If so, you will want a sofa with deep seats and soft, comfortable cushions.

If you are using your living room for cocktail entertaining, then a firmer seat cushion and well supported back will be important.

Don't be afraid to mix it up

Usually, in an open concept space you want to use a variety of furniture heights; if all the chairs and sofa are the same height it will add a boring look to the living area.

I suggest a lower back sofa and two taller-backed chairs in the living area.

Size matters

Consider the right sized sofa for the room.

Here's the rule of thumb: the sofa's length should be 2/3 of the room's width.

For instance, if the room is 10-feet wide, then a sofa 65 to 75 inches long will fit most comfortably.

Chairs that blend with the sofa's style (square-ish arm styles, deep seating, quality and construction) but do not match will work best. This will help give the room an eclectic look instead of a matchy set that you pulled from a department store window.

COURTESY: CRATE AND BARREL

▶ An open-backed wooden chair will allow a smaller space feel visually more open. Ankara Chair, $799, Crate and Barrel.

Furniture advice

I suggest keeping the styles of furniture modern/retro as it is a look in contemporary furnishings that will be around for a while.

It also gives you the opportunity to add some authentic mid century modern cabinets or tables to the room (easily and inexpensively found on Craigslist and Kijiji which are free buy/sell websites).

Karl's tips

- **Styles** Keep overall styles clean lined and modern.
- **Tones** Match fabric and wood tones to what is already in the room; browns and greys which are both great neutrals.
- **Accessorize** Add colours to the room through art, area rugs and pillows.
- **Complement** Dark purple tones would be on trend and complement the deep brown and grey colours.

Got a decor question for Karl? Each month Karl will answer a decor question in his Design Centre column. Email your question (keep it to one specific question please) along with a digital picture, your name and hometown to home@metronews.ca. Karl regrettably cannot respond to all questions emailed.

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A cheesy take on steak strips

A tomato and blue cheese vinaigrette gives this meat dish a unique flavour ◗ Recipe is speedy to make

NEWS CANADA

▶ Combining tomatoes and crumbled blue cheese offers a new take on steak.

Preparation:

1. Prepare the grill for direct cooking over high heat (450° to 550°F).
2. Lightly brush the steaks on both sides with oil and season evenly with salt and pepper. Allow the steaks to stand at room temperature for 15 to 30 minutes before grilling.
3. In a medium bowl whisk the shallot, vinegar, mustard, ¼ teaspoon salt, and ¼ teaspoon pepper. Slowly whisk in 2 tablespoons of oil, forming a smooth vinaigrette. Add the tomatoes and basil. Mix well.
4. Brush the cooking grates clean. Grill the steaks over direct high heat, with the lid closed as much as possible, until cooked to your desired doneness, 6 to 8 minutes for medium rare, turning once or twice (if flare–ups occur, move the steaks temporarily over indirect heat). Remove from the grill and let rest for 3 to 5 minutes. Add the cheese to the vinaigrette. Mix gently. Serve the steaks warm with the vinaigrette spooned over the top.

NEWS CANADA/ WEBER-STEPHEN PRODUCTS LLC. RECIPE FROM WEBER'S TIME TO GRILL BY JAMIE PURVIANCE

Ingredients:

Steaks

- 4 New York strip steaks, each 10 to 12 ounces and about 1 inch thick, trimmed of excess fat
- Extra–virgin olive oil
- Kosher salt
- Freshly ground black pepper

Vinaigrette

- 1 tablespoon minced shallot
- 2 teaspoons red wine vinegar
- 1 teaspoon Dijon mustard
- 2 cups (about 20) cherry tomatoes, each cut into quarters
- 1/4 cup finely chopped fresh basil leaves
- 2 ounces crumbled Gorgonzola cheese (½ cup)

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FATHER'S DAY

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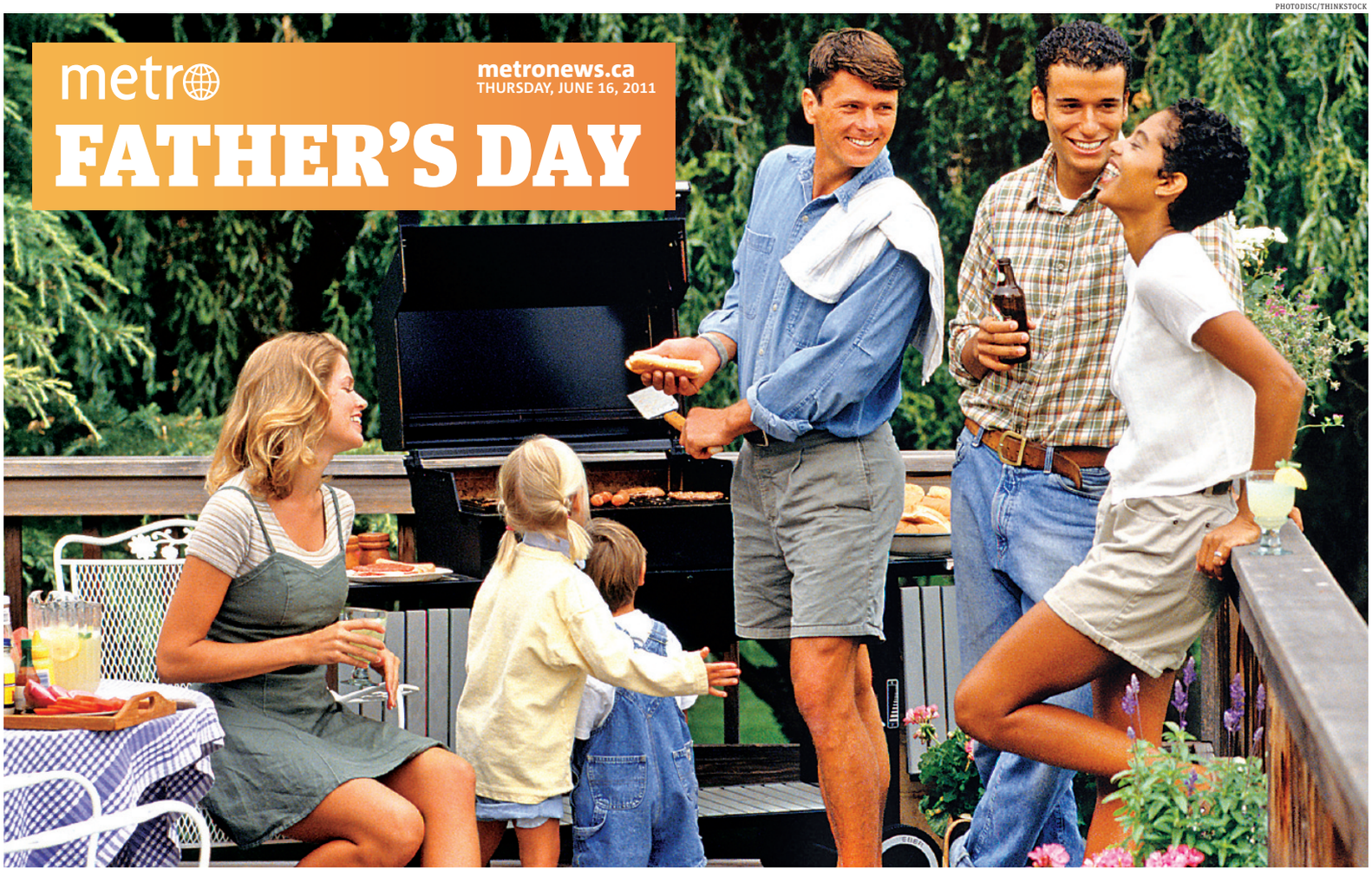

Grill up a storm for the master of your house

Whether he's in the mood to feast like a king or grill like a master, Metro has some great recipes for happy bellies

JON TATTRIE
FOR METRO

Nothing says Happy Father's Day like a barbecue, so Metro consulted one of Canada's leading grillers about how to cook the perfect meat for your man this Sunday.

Ted Reader is the sultan of sizzle, the gourmet of the grill and the man GQ magazine dubbed the Crazy Canuck Barbecue Kingpin. A new father himself, he'll be breaking out one of his 100 barbecues to cook up a meal for his family, including his father-in-law.

And that's his first piece of advice: let your man loose. "Dad may just want to grill his own, so help dad create that menu for father's day," he says. "We know dad's going to want be master of his grill."

Helpers can hit the shops for meat and potatoes, and to mix up a big salad. Reader is cooking a 75-day dry-aged tomahawk rib chop. "I'm the one that's grilling that, because I want my steak my way," he says.

If your father would prefer to be fed, Reader has advice for greenhorn grillers. It is a family day, so invite your loved ones, keep the menu simple and fun and supply lots of cold drinks.

Go for something like burgers or chicken. For burgers, make them fresh and keep them in the fridge for an hour after you assemble them so they firm up. Heat up the barbecue and grill them lid-open, medium heat. "Nice and easy does it. Don't push them, don't squish them," Reader advises.

Two of his recommended recipes are his Better Butter Burger and the Beerlicious Beer Butt Chicken, both available at tedreader.com.

Any time you feel the urge to poke it or cut it open to peek inside, stop and instead take a long drink of your beer or chocolate milk. "Patience is everything," he says. "The less you do, the better it is."

Top them as dad loves — for Reader, that means peanut butter, Miracle Whip, onions and a side of stinky cheese. Father's Day is not a time to be judgmental.

As soon as you're done, clean that grill. Grease comes off much easier when it's hot and your father won't relax if he knows it's solidifying for him to scrape off next time he's cooking.

Beerlicious Beer Butt Chicken

TEDREADER.COM

▶ Let beer work some magic on the barbie.

Ingredients:

- 1 chicken (3 to 4 lbs)
- ¼ cup BBQ dust seasoning
- 1 can of dad's choice beer
- 1 beer can chicken holder
- 2 aluminum foil pie plates
- 2 aluminum foil pie plates
- 1 cup BBQ beerlicious sauce

Preparation

1. Preheat the grill to medium/high (450 F/230 C).
2. Wash the chicken inside and out with cold water and pat dry.
3. Rub the chickens inside and out with the dust seasoning, massaging well and pushing some under the skin directly onto the meat.
4. Open the can of beer and either take a big sip or pour off a couple of ounces to leave room for the roasting juices.
5. Place the can of beer in a beer can chicken holder on a doubled pie plate or similar pan. Place the chicken cavity down over the can so that the can protrudes far enough into the cavity to stand the bird upright and hold it firmly.
6. Place the chicken set-up on the grill. Close the lid and roast for 20 minutes a pound (about 60 to 80 minutes).
7. Baste liberally with beerlicious sauce. Chicken is fully cooked when a thermometer inserted into the thigh registers 170 F.
8. Remove the chicken from the beer can very carefully with tongs and a large fork. It will be very hot and there will be steam. Move to a platter and cover loosely with foil. Let rest for 10 minutes.
9. Carve the chicken and drizzle pan juices over it. Serve with extra beerlicious sauce. Serves 4.

RECIPE COURTESY OF TED READER

BEST, DAD, EVER.

The Metro Life Panel asked: What are your Top 10 Memorable Moments With Dad? Here's what you had to say...

1. Telling me bedtime stories
2. First heart-to-heart conversation
3. Walking me down the aisle
4. Taking me to my first day of school
5. Baiting my first fishing hook
6. Teaching me to drive a car
7. Dancing with Dad
8. First little league game
9. Teaching me to ride a bike
10. Helping me move

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Source: Metro Life Panel survey; Based on 164 respondents

metro life panel

At a loss for what to do with the boss?

Check out Metro's suggestions for how to tailor-make his day ◐ Base your plans on what he'd love to do

CREATAS/THINKSTOCK

▶ Dad may just want to kick back and relax with a movie.

ASTRID VAN DEN BROEK
FOR METRO

Looking for something extra special to do with dad for Father's Day? If so, how can you decide what to do?

"Think about the kind of father you're celebrating," suggests Ann Douglas, author of The Mother of All books series.

"Is he the kind of guy who would want a big get-together with all generations of his family gathered around the dining room table? Or would he prefer sharing a meal at a busy restaurant? Or would he like a quieter kind of day?"

If you're looking for some fresh ideas, here are 10 unique ways to celebrate dad this year.

10 ways to make his day:

1 **Call on his inner Julia Child.** Instead of taking him out for brunch or dinner, why not try cooking a special meal with your favourite foodie at home? Either dad can sit back and relax, or you shop and cook up a special penne a la vodka together.

2 **Make a picnic ...** of all his favourite foods to surprise him with. Then, take the kids for a walk while dad snoozes off the fried chicken.

3 **Watch a movie.** A big bucket of popcorn, a large drink and a summer blockbuster can bring a smile to your cinephile's face.

4 **Get him a massage.** Aren't most dads' backs sore from all the kid-carrying? Send him to the spa for an hour-long massage to ease his muscles.

5 **Give the gift of time.** Hand him a six pack of his favourite micro-brew, an Adirondack or easy chair to sit in and a book or TV remote. (Depending on what he prefers to do!) Then, make yourself and the kids scarce.

6 **Present a plan.** How about a day of golfing you've arranged for him and his friends, a day of fishing or lunch and afternoon tickets to the baseball game?

7 **Take him out.** Does dad like to take in events? Look into local festivals, car shows, rib fests or quieter options such as museums and galleries to find one that suits his taste.

8 **Find his running shoes.** Is dad a newbie runner? If so, pull on your runners and head out with him for a lovely spring run.

9 **Get dad out to nature.** Nature can be calming so if your dad loves all things green, plan a hike together along a new-to-him trail.

10 **Sleep, sleep, sleep.** Not only do you let dad sleep in, but you also clear the kids and yourself out so he can zonk on the couch in the afternoon.

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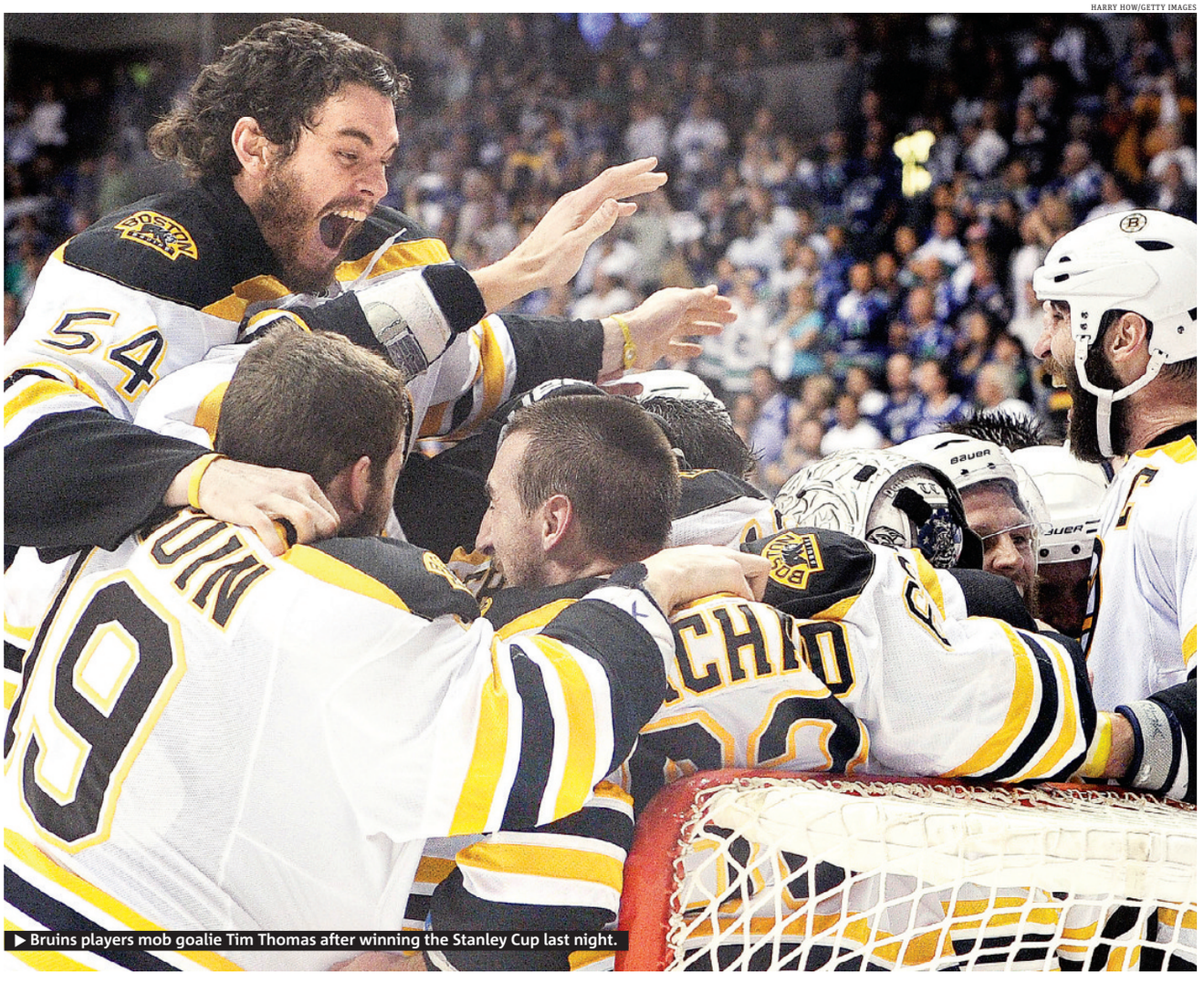

▶ Bruins players mob goalie Tim Thomas after winning the Stanley Cup last night.

B's are the champions

Bruins get two goals from Bergeron to beat Canucks in Game 7 and win Stanley Cup

Patrice Bergeron scored two goals, one of them short-handed, while goaltender Tim Thomas made 37 stops for the shutout as the Boston Bruins defeated the Vancouver Canucks 4-0 to win the Stanley Cup in a tension-filled Game 7 last night.

Rookie Brad Marchand scored twice, once into an empty net, and had an assist as the Bruins won their sixth Stanley Cup and the first since 1972. Defenceman Dennis Seidenberg had two assists.

Bergeron's short-handed goal in the second period was the dagger in the Canucks' heart. It made the score 3-0 and subdued a sold-out crowd of 18,860 at Rogers Arena.

BRUINS	CANUCKS
4	0

Sent in on a breakaway, Bergeron was hauled down by Vancouver defenceman Christian Ehrhoff. They collided with Canucks goaltender Roberto Luongo and the puck slid into the net.

Luongo raised his arms in frustration but the referee quickly signalled a goal. The call was backed up by a video review.

Vancouver outshot Boston 37-21.

At the final whistle Bruins players streamed off the bench to mob Thomas, while the Canucks watched with their heads hung.

"We never made things easy on ourselves," veteran Mark Recchi told CBC after the game before hinting he would retire. "I knew Game 6 and 7 we were going to be there and we did it. What a feeling this is. This is a hell of a way for me to go out, that's for sure."

Thomas was awarded the Conn Smythe Trophy as the most valuable player in the playoffs. The stocky goaltender who plays like a linebacker, had another strong game, scrambling and diving to make saves. It was his fourth shutout of the playoffs and second against Vancouver.

He got help from a Bruins team that forced the Canucks to take long shots and quickly cleared the puck from in front of the net. That left Vancouver with few chances at rebounds.

It was a disappointing end to the best season in Canucks history. Vancouver had the best record in the NHL and advanced to the Stanley Cup final for the first time in 17 years.

The Bruins forced Game 6 by beating the Canucks 5-2 Monday night in Boston.

Vancouver was gripped with the same excitement that seized the city during the 2010 Winter Olympics. A loud, towel-waving crowd began chanting "we want the cup" even before the national anthems. Across the city thousands watched the game outdoors on big screens.

Actor William Shatner was in the crowd and the Green Men were in their seats beside the Bruins' penalty box.

THE CANADIAN PRESS

4 sports

Quoted

"Every time we got our backs up against the wall and had to win we did. Every time. To win it on the road in Game 7 is no easy task, and they came through. That's a testament to the character on that team."

BRUINS GOALIE TIM THOMAS, SPEAKING TO THE CBC AFTER THE GAME.

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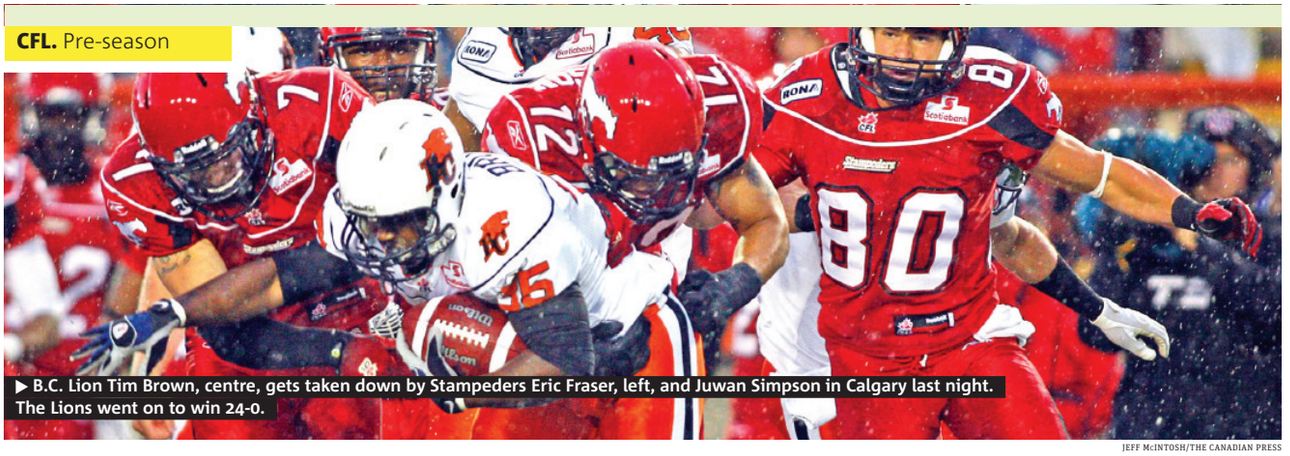


▶ B.C. Lion Tim Brown, centre, gets taken down by Stampeders Eric Fraser, left, and Juwan Simpson in Calgary last night. The Lions went on to win 24-0.

JEFF McINTOSH/THE CANADIAN PRESS

Raonic no longer in spotlight

Media frenzy diminished by modest record in April and May

The weight of expectation on Milos Raonic has diminished after his sensational start to the 2011 tennis season, and that may be good news for the hard-serving 20-year-old.

A fourth-round showing at the Australian Open in January, followed by an ATP title in San Jose, Calif., and a thrilling loss to Andy Roddick in the Memphis final propelled Raonic to instant fame in Canada. His world ranking jumped to No. 37 from 152 over a four-week period, and within another two and a half months, he was sitting at No. 25.

But a modest 7-6 record at European clay-court events in April and May has seen the media frenzy calm to a point where his quarter-final performance last week at the pre-Wimbledon grass-court event in Germany went largely unnoticed.

Playing in his first professional grass-court event in Halle, Germany, Raonic won two rounds convincingly before falling 6-3, 6-7(6), 6-3 to Philipp Petzschner.

The crafty German led eventual champion Rafael Nadal two sets to one at Wimbledon last summer before losing 6-4, 4-6, 6-7 (5), 6-2, 6-3. Petzschner then combined with Jurgen Melzer of Austria to win the doubles at Wimbledon.

"He has a great chance to reach the quarters or even the semis with his style."
DANIEL NESTOR, TENNIS PRO

"I'm very happy I'm playing so well on something, grass, that's a completely new experience for me, especially at this level," Raonic said last week. "It gives me a lot of confidence."

Doubles also figured in Raonic's preparation for next week's Wimbledon as he and Robin Haase of the Netherlands reached the Halle final, giving the Canadian four more matches of precious grass-court experience.

Following his first-round loss to unheralded German veteran Michael Berrer at the French Open, Raonic appeared jaded and spoke about being a rookie and still having a lot to learn about working out a tournament schedule that would keep him fresh and fit.

With his early exit at Roland Garros, and just the Halle tournament on grass, Raonic enters Wimbledon well rested.

THE CANADIAN PRESS

BASEBALL

Mauer set to return to Twins

Joe Mauer's return to the Minnesota lineup has been set for tomorrow.

Mauer finished his minor league rehabilitation assignment by facing teammate Joe Nathan in a live batting-practice session in Florida yesterday. He hasn't played for the Twins since April 12, plagued by weakness and soreness in his legs and throwing shoulder.

Manager Ron Gardenhire said before yesterday's game against the Chicago White Sox in Minnesota that Mauer will travel today and start at catcher tomorrow against the San Diego Padres.

"It was a lot longer than I had hoped," Mauer said after his workout. "But I got my work in, and I worked with a lot of great people down here. It was nice, but obviously I want to be up there in Minnesota and be up there playing. I feel like I'm ready to get out of here."

Mauer has played in only nine games this year because of his injuries, hitting just .235 with four RBIs in the first season of a $184-million US, eight-year contract extension. He had arthroscopic knee surgery in December and said last month that his body wasn't ready when the season started.

Nathan said Mauer looked sharp.

"I threw him some pretty good breaking balls," Nathan said. "It's really just impressive to see the pitches he can take when he's down 1-2 in the count. I threw him a couple of sliders. He put a good swing on them. It's nice to see him find his swing again and start to feel good again."

Nathan pitched to Mauer and Twins prospect Miguel Sano at the team's spring training headquarters. Nathan has been on the disabled list since May 23 with soreness in his right forearm, a condition related to his recovery from Tommy John surgery last year. He struggled at the beginning of the season with a 7.63 earned-run average in 17 appearances.

THE ASSOCIATED PRESS

Serena gets break in seeding

Defending champion Serena Williams was bumped up to No. 7 in the Wimbledon seedings — 19 places above her world ranking — yesterday, a position that will allow her to avoid playing the highest-ranked players until at least the quarter-finals.

Williams won her 13th Grand Slam title last year at the All England Club, but then stepped on broken glass, eventually leading to blood clots on her lungs, and was out of action for nearly a year. She returned to competitive tennis Tuesday at Eastbourne, coming back from a set down to beat Tsvetana Pironkova 1-6, 6-3, 6-4.

She was originally seeded No. 8, but the withdrawal of second-seeded Kim Clijsters moved the rest of the field up one spot.

"Listen, I don't ask for much. I would have been happy with 25, because I'm going to be in there fighting for every point and for everything," Williams said. "It doesn't matter where I'm seeded. I'm just going to give it 200 per cent like everyone else in the draw."

Wimbledon starts Monday. The draw is scheduled for tomorrow.

On the men's side, defending champion Rafael Nadal was seeded No. 1, followed by Novak Djokovic at No. 2, Roger Federer at No. 3 and Andy Murray at No. 4 — in line with their rankings.

Federer and Nadal have combined for the past eight titles at the All England Club.

For Federer, it's the first time he has been outside the top two seedings at Wimbledon since 2003, the year he won the first of five straight titles at the grass-court Grand Slam.

Since Serena's injury, she has dropped to No. 26 in the WTA rankings. If Wimbledon organizers had seeded her according to her ranking, the four-time Wimbledon champion could have come up against a top player in the third round.

Her sister Venus, a five-time Wimbledon champion, was seeded No. 24.

THE ASSOCIATED PRESS

NHL

PLAYOFFS

All times Eastern

STANLEY CUP FINAL

(Best-of-7 series)
VANCOUVER (W1) VS. BOSTON (E3)
(Boston wins series 4-3)
Last night's result
Boston 4 Vancouver 0

STANLEY CUP CHAMPIONS

2010-11 - Boston Bruins
2009-10 - Chicago Blackhawks
2008-09 - Pittsburgh Penguins
2007-08 - Detroit Red Wings
2006-07 - Anaheim Ducks

CONN SMYTHE TROPHY WINNERS

2011 - Tim Thomas, G, Boston
2010 - Jonathan Toews, F, Chicago
2009 - Evgeni Malkin, F, Pittsburgh
2008 - Henrik Zetterberg, F, Detroit
2007 - Scott Niedermayer, D, Anaheim

BRUINS 4, CANUCKS 0

First Period
1. Boston, Bergeron 5 (Marchand) 14:37
Penalties — None.
Second Period
2. Boston, Marchand 10 (Seidenberg, Recchi) 12:13
3. Boston, Bergeron 6 (Seidenberg, Campbell) 17:35 (sh)
Penalty — Chara Bos (interference) 16:07.
Third Period
4. Boston, Marchand 11, 17:16 (en)
Penalties — Hansen Vcr (interference) 5:33, Lucic Bos (hooking) 11:34.
Shots on goal by

Boston	5	8	8	21
Vancouver	8	13	16	37

Goal — Boston: Thomas (W,16-9); Vancouver: Luongo (L,15-10).
Power plays (goals-chances) — Boston: 0-1; Vancouver: 0-2.
Referees — Dan O'Halloran, Stephen Walkom.
Linesmen — Jean Morin, Jay Sharrers.
Att. — 18,860 (18,810) at Vancouver.

SCORING LEADERS

	G	A	PT
Krejci, Bos	12	11	23
H.Sedin, Vcr	3	19	22
St. Louis, TB	10	10	20
D.Sedin, Vcr	9	11	20
P.Bergeron, Bos	6	14	20
Marchand, Bos	11	8	19
Kesler, Vcr	7	12	19
Lecavalier, TB	6	13	19
Burrows, Vcr	9	8	17
Horton, Bos	8	9	17
Ryder, Bos	8	9	17
Purcell, TB	6	11	17
J.Thornton, SJ	3	14	17
Boyle, SJ	4	12	16
Clowe, SJ	6	9	15
Datsyuk, Det	4	11	15
Couture, SJ	7	7	14
Recchi, Bos	5	9	14
Downie, TB	2	12	14
Marleau, SJ	7	6	13
Ward, Nash	7	6	13
Stamkos, TB	6	7	13
Kelly, Bos	5	8	13
Gagne, TB	5	7	12
Lucic, Bos	5	7	12
Peverley, Bos	4	8	12
Ehrhoff, Vcr	2	10	12
Giroux, Pha	1	11	12
Bergenheim, TB	9	2	11

MAJOR LEAGUE BASEBALL

BLUE JAYS 4, ORIOLES 1

Baltimore	ab	r	h	bi	Toronto	ab	r	h	bi
Hardy ss	4	0	1	0	YEscor ss	4	1	3	1
Markks rf	2	1	1	0	CPttrsn lf	4	0	1	0
AdJons cf	3	0	0	0	Bautist rf	3	1	0	0
Guerrr dh	4	0	1	0	Lind dh	3	1	2	2
Wieters c	4	0	1	1	JRiver 1b	4	1	3	1
D.Lee 1b	4	0	0	0	Arencii c	4	0	0	0
MrRynl 3b	2	0	0	0	A.Hill 2b	4	0	1	0
Reimld lf	3	0	0	0	RDavis cf	4	0	1	0
Andino 2b	3	0	0	0	J.Nix 3b	4	0	0	0
Totals	**29**	**1**	**4**	**1**	**Totals**	**34**	**4**	**11**	**4**

Baltimore	000	000	001	1
Toronto	100	001	20x	4

E—D.Lee (3). DP—Toronto 2. LOB—Baltimore 5, Toronto 8. 2B—Hardy (9), J.Rivera (10), A.Hill (13). HR—Y.Escobar (8), Lind (13), J.Rivera (5).

	IP	H	R	ER	BB	SO
Baltimore						
Arrieta L,8-4	6 2-3	9	3	3	2	5
Rapada	0	1	1	1	0	0
Berken	1-3	1	0	0	0	0
Gregg	1	0	0	0	0	2
Toronto						
R.Romero W,6-6	8	3	1	1	4	12
F.Francisco S,6-9	1	1	0	0	0	0

R.Romero pitched to 2 batters in the 9th.
Rapada pitched to 1 batter in the 7th.
Umpires—Home, Jerry Layne; First, Bob Davidson; Second, Hunter Wendelstedt; Third, Brian Knight.
T—2:27. A—14,541 (49,260) at Toronto.

CALENDAR

July 12 — All-Star game, Phoenix.
July 24 — Hall of Fame induction, Cooperstown, N.Y.
July 31 — Last day to trade a player without securing waivers.
Aug. 15 — Last day to sign selections from 2011 amateur draft who have not exhausted college eligibility.

ACTIVITY

MLB

AMERICAN LEAGUE

BALTIMORE ORIOLES—Placed RHP Alfredo Simon on the 15-day DL, retroactive to June 13. Recalled RHP Jason Berken from Norfolk (IL).
MINNESOTA TWINS—Reinstated SS Tsuyoshi Nishioka from the 60-day DL.
TEXAS RANGERS—Agreed to terms with LHP Will Lamb and assigned him to Spokane (NWL).

NATIONAL LEAGUE

MILWAUKEE BREWERS—Sent C Wil Nieves outright to Nashville (PCL). Purchased the contract of C George Kottaras from Nashville.

NHL

CHICAGO BLACKHAWKS—Signed senior advisor of hockey operations Scotty Bowman to a contract extension. Promoted Marc Bergevin to assistant general manager, Norm Maciver to director of player personnel and Kyle Davidson to hockey administration coordinator.
NASHVILLE PREDATORS—Signed D Teemu Laaksoto a one-year contract.
ST. LOUIS BLUES—Re-signed F Vladimir Sobotka to a three-year contract extension.
WASHINGTON CAPITALS—Re-signed D Patrick McNeill to a two-year contract.

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	40	27	.597	—
New York	38	28	.576	1½
Tampa Bay	36	32	.529	4½
Toronto	34	34	.500	6½
Baltimore	30	35	.462	9

CENTRAL DIVISION

	W	L	Pct	GB
Cleveland	36	30	.545	—
Detroit	37	31	.544	—
Chicago	33	36	.478	4½
Kansas City	30	37	.448	6½
Minnesota	27	39	.409	9

WEST DIVISION

	W	L	Pct	GB
Texas	36	33	.522	—
Seattle	34	34	.500	1½
Los Angeles	33	36	.478	3
Oakland	28	40	.412	7½

Last night's results
Cleveland 6 Detroit 4
N.Y. Yankees 12 Texas 4
Toronto 4 Baltimore 1
Boston 3 Tampa Bay 0
Minnesota 4 Chicago White Sox 1
Kansas City at Oakland
L.A. Angels at Seattle
Tuesday's results
Detroit 4 Cleveland 0
N.Y. Yankees 12 Texas 4
Toronto 6 Baltimore 5 (11 inn.)
Tampa Bay 4 Boston 0
Chicago White Sox at Minnesota (ppd., rain)
Kansas City 7 Oakland 4
L.A. Angels 4 Seattle 0
Today's games
Baltimore (Guthrie 2-8) at Toronto (Z.Stewart 0-0), 12:37 p.m.
Cleveland (Talbot 2-3) at Detroit (Scherzer 8-2), 1:05 p.m.
Texas (C.Wilson 7-3) at N.Y. Yankees (B.Gordon 0-0), 1:05 p.m.
Chicago White Sox (Buehrle 6-4) at Minnesota (Blackburn 5-4), 1:10 p.m.
Kansas City (Francis 3-6) at Oakland (G.Gonzalez 5-5), 3:35 p.m.
Boston (C.Buchholz 5-3) at Tampa Bay (Price 7-5), 7:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Philadelphia	43	26	.623	—
Atlanta	38	31	.551	5
New York	34	34	.500	8½
Florida	32	36	.471	10½
Washington	32	36	.471	10½

CENTRAL DIVISION

	W	L	Pct	GB
Milwaukee	38	30	.559	—
St. Louis	38	31	.551	½
Cincinnati	37	33	.529	2
Pittsburgh	34	33	.507	3½
Chicago	27	39	.409	10
Houston	25	44	.362	13½

WEST DIVISION

	W	L	Pct	GB
San Francisco	38	29	.567	—
Arizona	37	31	.544	1½
Colorado	33	35	.485	5½
Los Angeles	31	39	.443	8½
San Diego	30	40	.429	9½

Yesterday's results
Philadelphia 8 Florida 1 (1st game)
Cincinnati 7 L.A. Dodgers 2
Colorado 6 San Diego 3
Philadelphia 5 Florida 4 (10 inn.)
(2nd game)
Washington 10 St. Louis 0
N.Y. Mets 4 Atlanta 0
Milwaukee at Chicago Cubs
Pittsburgh 7 Houston 3
San Francisco at Arizona
Tuesday's results
Philadelphia 9 Florida 1
Washington 8 St. Louis 6
N.Y. Mets 4 Atlanta 3
Chicago Cubs 5 Milwaukee 4 (10 inn.)
Pittsburgh 1 Houston 0
Colorado 6 San Diego 3
San Francisco 6 Arizona 5
Cincinnati 3 L.A. Dodgers 2
Today's games
Florida (Vazquez 3-6) at Philadelphia (Cl.Lee 6-5), 1:05 p.m.
Pittsburgh (Ja.McDonald 4-4) at Houston (Lyles 0-1), 2:05 p.m.
Milwaukee (Greinke 6-1) at Chicago Cubs (Garza 2-6), 2:20 p.m.
St. Louis (Lohse 7-3) at Washington (Lannan 4-5), 7:05 p.m.
N.Y. Mets (Dickey 3-7) at Atlanta (Minor 0-2), 7:10 p.m.
San Francisco (Vogelsong 4-1) at Arizona (I.Kennedy 7-2), 9:40 p.m.

LEAGUE LEADERS

	G	AB	R	H	Avg.
AdGonzalez Bos	66	271	45	94	.347
Bautista Tor	59	207	53	70	.338
Joyce TB	62	205	38	67	.327
Konerko ChiW	65	245	32	79	.322
Ortiz Bos	64	240	42	77	.321
Ellsbury Bos	66	267	49	85	.318
VMartinez Det	53	195	27	62	.318
MiCabrera Det	67	231	49	73	.316
Kubel Minn	52	200	20	62	.310
HKendrick LAA	55	214	34	66	.308

RBIs - AdGonzalez, Boston, 60; Konerko, Chicago, 52; Granderson, New York, 51; Teixeira, New York, 49; Beltre, Texas, 48; Quentin, Chicago, 47; MiCabrera, Detroit, 46.
PITCHING - Lester, Boston, 9-2; Scherzer, Detroit, 8-2; Arrieta, Baltimore, 8-3; Verlander, Detroit, 8-3; Sabathia, New York, 8-4; Weaver, Los Angeles, 8-4; Six players tied at 7.
Not including last night's games

LEAGUE LEADERS

	G	AB	R	H	Avg.
JosReyes NYM	64	280	49	97	.346
Kemp LAD	69	250	47	83	.332
Votto Cin	68	247	47	82	.332
Pence Hou	67	275	33	88	.320
Berkman StL	58	192	42	61	.318
Helton Col	58	193	30	61	.316
Carroll LAD	66	232	33	73	.315
Ethier LAD	68	245	32	77	.314
Wallace Hou	66	211	26	66	.313
GSanchez Fla	66	254	35	79	.311

RBIs - Fielder, Milwaukee, 59; Kemp, Los Angeles, 56; Howard, Philadelphia, 55; Pence, Houston, 50; Braun, Milwaukee, 49; Berkman, St. Louis, 48; Bruce, Cincinnati, 48.
PITCHING - Hamels, Philadelphia, 9-2; Halladay, Philadelphia, 9-3; Gallardo, Milwaukee, 8-3; Jurrjens, Atlanta, 8-3; Hanson, Atlanta, 8-4; Correia, Pittsburgh, 8-5; Eight players tied at 7.
Not including last night's games

GOLF

U.S. OPEN

At Bethesda, Md.
Tee times for the 2011 U.S. Open, to be held June 16-19 on the 7,574-yard, par- 71 (36-35) Blue Course at the Congressional Country Club (all times ET; competitors from the U.S., unless specified; a-denotes amateur):
Today - Tomorrow
First hole-10th hole
7 a.m.-12:40 p.m. - Dae-Hyun Kim, South Korea; Chez Reavie, Shane Lowry, Ireland.
7:11 a.m.-12:51 p.m. - Greg Chalmers, Australia; Kirk Triplett; TBD.
7:22 a.m.-1:02 p.m. - Marc Leishman, Australia; Alex Cejka, Czech Republic; Kevin Streelman.
7:33 a.m.-1:13 p.m. - Fred Funk; a-David Chung; Michael Campbell, New Zealand.
7:44 a.m.-1:24 p.m. - Matt Kuchar; Paul Casey, England; K.J. Choi, South Korea.
7:55 a.m.-1:35 p.m. - Graeme McDowell, Northern Ireland; a-Peter Uihlein; Louis Oosthuizen, South Africa.
8:06 a.m.-1:46 p.m. - Henrik Stenson, Sweden; Johan Edfors, Sweden; Fredrik Jacobson, Sweden.
8:17 a.m.-1:57 p.m. - Ernie Els, South Africa; Davis Love III; Jim Furyk, United States.
8:28 a.m.-2:08 p.m. - Justin Rose, England; Tim Clark, South Africa; Jason Day, Australia.
8:39 a.m.-2:19 p.m. - Jeff Overton; Ryan Palmer; TBD.
8:50 a.m.-2:30 p.m. - Brandt Jobe; Nick O'Hern, Australia; D.A. Points.
9:01 a.m.-2:41 p.m. - Christo Greyling, South Africa; **Adam Hadwin, Abbotsford, B.C.;** Joey Lamielle.
9:12 a.m.-2:52 p.m. - Michael Tobiason, Jr., Jesse Hutchins, Michael Smith.
12:40 p.m.-7 a.m. - Ty Tryon; Maarten Lafeber, The Netherlands; Scott Barr, Australia.
12:51 p.m.-7:11 a.m. - Geoffrey Sisk; a-Cheng-Tsung Pan, Chinese Taipei; Matt Richardson, England.
1:02 p.m.-7:22 a.m. - Bo Van Pelt; K.T. Kim, South Korea; Ben Crane.
1:13 p.m.-7:33 a.m. - Mark Wilson; Martin Laird, Scotland; Peter Hanson, Sweden.
1:24 p.m.-7:44 a.m. - Miguel Angel Jimenez, Spain; Sergio Garcia, Spain; Alvaro Quiros, Spain.
1:35 p.m.-7:55 a.m. - Francesc Molinari, Italy; Matteo Manassero, Italy; Edoardo Molinari, Italy.
1:46 p.m.-8:06 a.m. - Hiroyuki Fujita, Japan; Todd Hamilton; Kevin Na, South Korea.
1:57 p.m.-8:17 a.m. - Rickie Fowler; Ian Poulter, England; Hunter Mahan.
2:08 p.m.-8:28 a.m. - Camilo Villegas, Colombia; Aaron Baddeley, Australia; Brandt Snedeker.
2:19 p.m.-8:39 a.m. - Kevin Chappell; Do-Hoon Kim, South Korea; Robert Rock, England.
2:30 p.m.-8:50 a.m. - **Jon Mills, Oshawa, Ont.;** Andreas Harto, Denmark; a-Scott Pinckney.
2:41 p.m.-9:01 a.m. - a-Steve Irwin; Ryan Nelson; Elliot Gealy.
2:52 p.m.-9:12 a.m. - Christopher Deforest; a-Chris Williams; **Wes Heffernan, Calgary.**
Thursday-Friday
10th hole-First hole
7 a.m.-12:40 p.m. - Chad Campbell; Harrison Frazar; Marc Turnesa.
7:11 a.m.-12:51 p.m. - Justin Hicks; Marcel Siem, Germany; Sunghoon Kang, South Korea.
7:22 a.m.-1:02 p.m. - Thomas Levet, France; Brian Gay; Gregory Havret, France.
7:33 a.m.-1:13 p.m. - Heath Slocum; a-Russell Henley; Nicolas Colsaerts, Belgium.
7:44 a.m.-1:24 p.m. - Padraig Harrington, Ireland; Angel Cabrera, Argentina; Stewart Cink.
7:55 a.m.-1:35 p.m. - Ryo Ishikawa, Japan; Anthony Kim; Y.E. Yang, South Korea.
8:06 a.m.-1:46 p.m. - Luke Donald, England; Lee Westwood, England; Martin Kaymer, Germany.
8:17 a.m.-1:57 p.m. - Jonathan Byrd; Bill Haas; Webb Simpson.
8:28 a.m.-2:08 p.m. - Bubba Watson; Adam Scott, Australia; Robert Karlsson, Sweden.
8:39 a.m.-2:09 p.m. - Sam Saunders; Tim Petrovic; Scott Piercy.
8:50 a.m.-2:20 p.m. - Matthew Edwards; a-Brad Benjamin; TBD.
9:01 a.m.-2:31 p.m. - Bud Cauley; Adam Long, United States; a-Michael Barbosa.
9:12 a.m.-2:42 p.m. - Michael Whitehead; Will Wilcox; John Ellis.
12:40 p.m.-7 a.m. - Alexandre Rocha, Brazil; Andres Golzales; Bubba Dickerson.
12:51 p.m.-7:11 a.m. - Michael Putnam; a-Patrick Cantlay; Robert Dinwiddie, England.
1:02 p.m.-7:22 a.m. - John Senden, Australia; Robert Garrigus; Scott Hend, Australia.
1:13 p.m.-7:33 a.m. - Jason Dufner; Stephen Gallacher, Scotland; S.Y. Noh, South Korea.
1:24 p.m.-7:44 a.m. - Steve Stricker; Retief Goosen, South Africa; David Toms.
1:35 p.m.-7:55 a.m. - Rory McIlroy, Northern Ireland; Dustin Johnson; Phil Mickelson.
1:46 p.m.-8:06 a.m. - Charl Schwartzel, South Africa; Trevor Immelman, South Africa; Zach Johnson.
1:57 p.m.-8:17 a.m. - Nick Watney; Lucas Glover, United States; Geoff Ogilvy, Australia.
2:08 p.m.-8:28 a.m. - Ryan Moore; Robert Allenby, Australia; Rory Sabbatini, South Africa.
2:19 p.m.-8:39 a.m. - David Howell, England; Kenichi Kuboya, Japan; Briny Baird.
2:30 p.m.-8:50 a.m. - Charley Hoffman; Alexander Noren, Sweden; Sangmoon Bae, South Korea.
2:41 p.m.-9:01 a.m. - a-Brett Patterson; Bennett Blakeman; Brian Locke.
2:52 p.m.-9:12 a.m. - Chris Wilson; David May; a-Beau Hossler.

SOCCER

2011 CONCACAF GOLD CUP

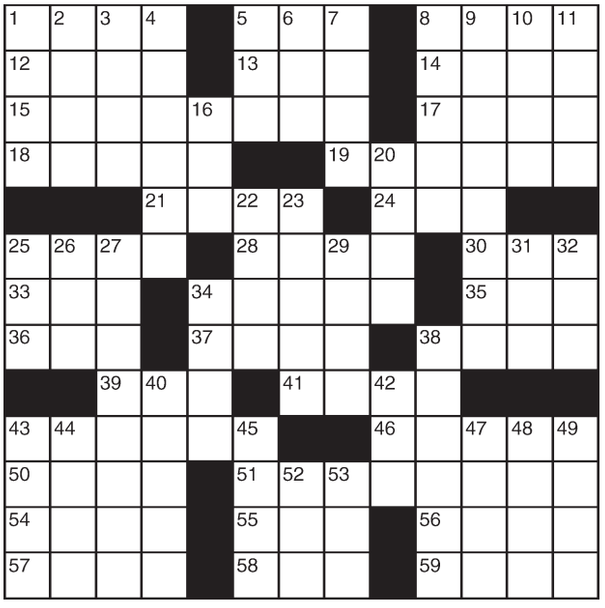
QUARTER-FINALS

Saturday's games
At East Rutherford, N.J.
QF1 — Costa Rica vs. Honduras, 5 p.m.
QF2 — Mexico vs. Guatemala, 8 p.m.
Sunday's games
At Washington
QF3 — Jamaica vs. U.S., 3 p.m.
QF4 — Panama vs. El Salvador, 6 p.m.

MLS

Last night's result
Toronto 0 New England 0
Tomorrow's game
San Jose at Kansas City, 8:30 p.m.
Saturday's games
Seattle at Toronto, 7 p.m.
Chicago at New England, 7:30 p.m.
Columbus at Houston, 8:30 p.m.
D.C. United at Real Salt Lake, 9 p.m.
Los Angeles at Colorado, 9 p.m.
Philadelphia at Vancouver, 10 p.m.
Dallas at Chivas USA, 10:30 p.m.

Crossword



Across

1 Con game
5 Not-so-tall tale
8 Front projection
12 Needing a cane
13 Earlier than
14 Hold sway
15 Intl. cartel
16 Actress Gardner
17 Elevator name
18 Railyard sight
20 Result
22 Every last bit
23 15-Across' product
24 Gullets
27 And so on
32 — Beta Kappa
33 Vast expanse
34 Blue
35 Unrelenting pest
38 Snakes
39 Storm center
40 Keyboard abbr.
42 Take out of context?
45 Small yellow fruit used in preserves
49 Vicinity
50 "Hail!"
52 Loosen
53 Optimistic
54 Family member
55 Particular
56 Being, to Brutus
57 "Of course"
58 "Piggies"

Down

1 Messy guy
2 Mafia bigwig
3 MasterCard alternative, briefly
4 Gathering places
5 Intrepid
6 Mr. Robbins who partnered with Burt Baskin
7 Suitor
8 Toaster's word
9 Cruel
10 Medley
11 Into the sunset
19 Mr. Pacino
21 "Ulalume" writer
24 Speedometer stat
25 "Caught ya!"
26 Brit's radio
28 Ball-bearing gizmo
29 Negligent
30 Knock
31 Billboards
36 Sailor's assent
37 Collection
38 Find not guilty
41 Therefore
42 Challenge
43 Love deity
44 Uncomplicated
46 "Do — others ..."
47 "Zip- — -Doo-Dah"
48 — River, NJ
51 Struggle (for)

▶ Monday's answer

S	L	A	P		B	A	R		B	A	S	S
E	I	R	E		A	C	E		O	N	T	O
A	N	T	E	D	A	T	E		S	T	A	N
S	T	Y	L	E			L	A	S	E	R	S
			E	G	O	S		C	A	N		
A	J	A	R		R	A	S	H		N	O	W
H	A	N		D	A	N	T	E		A	W	E
A	N	T		A	L	T	O		B	E	L	T
		E	L	L		E	P	E	E			
I	T	A	L	I	C			W	R	Y	E	R
R	I	T	A		A	N	T	E	L	O	P	E
I	D	E	M		R	U	E		I	R	O	N
S	E	R	A		D	N	A		N	E	S	T

Sudoku

	5		9		1		7	
		1				5		
	7		3		8		2	
	1	9				6	4	
2								5
	3	8				2	1	
	2		6		5		9	
		4				8		
	8		1		2		6	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Monday's answer ▶

7	5	9	3	8	4	1	2	6
1	2	8	9	7	6	5	3	4
3	4	6	2	5	1	9	7	8
2	1	3	6	9	7	4	8	5
9	8	4	5	1	2	7	6	3
6	7	5	4	3	8	2	1	9
4	3	7	1	6	9	8	5	2
5	9	1	8	2	3	6	4	7
8	6	2	7	4	5	3	9	1

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

pumpkin noodle happy anniversary! this year has been amazing. i look forward to many more. i love you very much. **YOUR ANDREA**

Bear, ur the best thing that happend to me. Words can't explain how much i love & need you. Thank you for being there for me through thick & thin you know ill be there for you 2. I know right now its a little bumpy but im 100% it will all work out in the end, TKM, i love you with all mi corazoncito *muah **MAMI**

Mr. Big, you make the butterflies in my stomach go wild. I can't believe that it has already been two beautiful weeks... I can't wait to wake up next to you every morning so we can make breakfast together. I love you so much! **SWEET BUNS**

A look at the weather

Andrew Schultz, Meteorologist
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". WEEKDAYS 6AM

BT BREAKFAST TELEVISION

TODAY	FRIDAY	SATURDAY
Min 7° Max 11°	Min 9° Max 14°	Min 10° Max 19°

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Today, you will find it easy to open up and let those you care for know what they mean to you.

♉ Taurus April 21-May 21 Mercury's move into the communications area of your chart makes it easy to find the right words.

♊ Gemini May 22-June 21 Have fun today, but keep an eye on your financial situation.

♋ Cancer June 22-July 22 Remind everyone that you don't mind them asking favours but you do mind them giving orders.

♌ Leo July 23-Aug.23 If you don't feel like being sociable today, you don't have to make an effort.

♍ Virgo Aug. 24- Sept. 22 If something you would have preferred to stay secret becomes public knowledge today, don't deny it.

♎ Libra Sept. 23-Oct. 23 Think big, act big and expect a big breakthrough over the next 24 hours.

♏ Scorpio Oct. 24-Nov. 22 If you are asked to go on a trip of some kind (one you fear may bore you), don't turn it down. It could change your life.

♐ Sagittarius Nov. 23-Dec. 21 Your ability to notice patterns where others see only individual events, will be useful today.

♑ Capricorn Dec. 22-Jan. 20 You need to be more assertive, especially if you have let friends make decisions for you.

♒ Aquarius Jan. 21-Feb. 18 No matter how well things are going, you can't keep this pace.

♓ Pisces Feb. 19-March 20. Is thinking you must make amends for something you did a long time wise? **SALLY BROMPTON**

Caption contest

ALASTAIR GRANT/ THE ASSOCIATED PRESS

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Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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-11,528
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-1,000
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$23,577

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Crew Cab 1500

stk# C111347

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-10,781
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-1,000
GM LOYALTY REBATE
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-17,710
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-1,000
GM LOYALTY REBATE
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* price valid with in-house lease only

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-8,473
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-1,000
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